THE FAMILY MEDICAL REFERENCE BOOK.

96 SUPP 57.130/A

BRUNCK, W.
C

165/1962

THE FAMILY

MEDICAL

REFERENCE BOOK.

THE FAMILY

MEDICAL

REFERENCE BOOK;

CONTAINING

DIRECTIONS TO PARENTS AND INVALIDS HOW TO MAKE A JUDICIOUS USE OF "THE MEDICINE CHEST," AND HOW TO DISCOVER AND TREAT MANY COMMON DISEASES.

BY W. BREWER, M.D.

"Sincerum est nisi vas, quodcunque infundis, acescit."—Horace

LONDON:

H. SILVERLOCK, WARDROBE TERRACE, DOCTORS' COMMONS.

1840.

323883

LONDON:
H. SILVERLOCK, PRINTER, WARDROBE TERRACE,
DOCTORS' COMMONS.



INDEX.

Page

Preface 3

PART I.

TREATMENT AND DISEASES OF CHILDREN.

Sect. Page

1. Treatment 5
2. Aphthæ, or Thrush . . 8
3. Biles, or Boils . . 9
4. Blear Eyes . . . 10
5. Bleeding from the Nose . 10
6. Bruises 11
7. Burns and Scalds . . 11
8. Chicken Pock . . . 12
9. Convulsions . . . 12
Cough, see remarks at the end of Hooping Cough . 13
10. Croup 13
11. Diarrhæa, or Purging . 16
12. Ear Ache . . . 17
Erysipelas, see Rose . . 26
13. Excoriations . . . 17
14. Flatulence . . . 17
15. Gravel 17
16. Gripes, or Griping . . 18
17. Hiccough, or Hiccup . 18
18. Hooping Cough . . . 19
19. Itch 20

Sect. Page

20. Leprosy 21
21. Measles 21
22. Mumps 24
23. Nettle Rash . . . 24
24. Puking, or Sickness . . 25
Purging, see Diarrhæa . 16
25. Redness of the Eye . . 25
26. Rose, or Erysipelas . 26
Scabs, see Tetter . . 32
Scalds, see Burns . . 11
27. Scald Head, or Ringworm 28
28. Scarlatina . . . 28
Shingles, or Ceingle, see Rose 26
29. Small Pox . . . 30
30. Sore Throat . . . 31
31. Sprains 31
32. Stomach Ache . . . 32
33. Tetter, Herpes, or Scabs 32
Thrush, see Aphthæ . . 8
34. Worms 34

PART. II.

DISEASES OF ADULT MALES AND THEIR TREATMENT.

Sect. Page

1. Aphthæ (Ulcers of the Tongue and Gums . 37
2. Ague 37
Asthma, see Appendix . 73
3. Biles, or Boils . . . 39
Bleeding, see Appendix . 73
Chilblains, see Appendix . 73
4. Convulsions . . . 39

Sect. Page

5. Continued Fever, or Synocha 39
Consumption, see Appendix 74
6. Cholera, English . . 40
7. Cholic and Colic . . . 41
8. Costiveness . . . 43
9. Cough, Colds, &c. . . 45
10. Cramps 46
11. Cuts and Wounds . . 46

Sect.	Page
12. Erysipelas	47
Fractures of the Leg, Arm, Collar-bones, and Head, see Appendix	74
13. Gravel	47
14. Gout	47
Inflammation, see Appendix	75
Influenza, see Cough, &c.	45
15. Jaundice	49
16. Lumbago	50
17. Piles, or Hæmorrhoids	50
Purging, see Cholera	40
18. Redness of the Eyes	52
19. Rheumatism	53
Rose, see Erysipelas	47
20. Scurvy, see dry Tetter	54
Synocha, see Continued Fever	39
21. Tic Doloreux	54
Warts, see Appendix	75
22. Spasms	55
Typhus Fever, see Appendix	75

PART III.

DISEASES PECULIAR TO WOMEN AND THEIR TREATMENT.

Sect.	Page
1. Menstruation (Commencement)	57
2. Period and Continuance of Menstruation	58
3. Increased Menstruation	59
4. Immoderate Menstruation	60
5. Difficult or Partial Menstruation	61
6. Suppression and Retention of the Menses	62
7. Whites, or Fluor Albus	63
8. Cramps during Pregnancy	64
9. Flooding and Labour Pains during Pregnancy	64
10. Costiveness during Pregnancy	65
11. Suckling or Nursing	66
12. Appearances of the Menses whilst Nursing	68
13. Hardness of the Breast from Nursing	68
14. Hard Breasts from Weaning	69
15. Change of Life, or Ceasing Menstruation	69
16. Bleeding from the Bowels	70

APPENDIX.

Chap.	Page
1. Asthma	73
2. Bleeding	73
3. Chilblains	73
4. Consumption	74
5. Fractures, or Broken Limbs	74
6. Inflammation	75
7. Typhus Fever	75
8. Warts	75

PART IV.

Sect.	Page
1. Antidotes for Poisons	77
2. Suspended Animation	78
3. Weights and Measures	79
4. Table of Simple Drugs (proportional)	80
5. External Applications	81
6. Table of Compound Medicines for Children (proportional doses)	82
7. Aperients, &c. for Male Adults	84
8. Aperients, &c. for Female Adults	86
9. Infusions	88
10. List of Medicaments	89

PREFACE.

It might not be desirable, it would not be practicable, to take the medical treatment of numerous diseases from the parents and friends of the sick, or from the invalid himself. But as mischief has been often found to result from the giving, through want of knowledge, injudicious doses of medicines, thought to be simple and harmless; so it seems profitable and fitting to give information, in a style adapted to the unprofessional or laity, respecting the nature and appearances of certain common diseases, and the remedies suitable to them; to point out what symptoms indicate improvement, and what prognosticating danger, require the aid of the professed medical practitioner.

Directions are given about the treatment of children; adults, male and female, separately; a table of proportional doses is added, and a few useful prescriptions for various ages are contained in a separate chapter at the end of the book.

THE FAMILY

MEDICAL REFERENCE BOOK.

PART I.

ON THE TREATMENT AND DISEASES OF CHILDREN.

SECT. 1.—TREATMENT.

THE great requisites for the treatment of children, whether in health or sickness, are an unwearying affection for them, and a little common sense.

Nature has made provision for the former by implanting within the breast of the intended nurse and tutor of the child, its mother, the love of her offspring; but the latter, common sense, regarding it as the *habit* of exhibiting in action that which the judgment hath approved, might be termed moral virtue, and which very expression implies a faculty acquired by *exercise* and stands in contradistinction to natural gifts, where the faculty is given, and therefore comes first, and the exercise resulting follows; it must therefore be said of her who hath

become a mother before she hath acquired this habit, that "she may complain of good breeding, or comes of a very dull kindred." Without this faculty this little book could hardly teach the use of this book, but with it we might hope to furnish information, and give directions to those who have not devoted their time professionally to medicine which would cost labour and sorrow to attain from actual experience.

For allowing for the common imperfections of judgment which sense may mislead, authority and example unduly influence, or passions pervert; how can the judgment sit, as on its tribunal, deciding in favour of any course of conduct without a sufficient number of facts, or experience to warrant its decision.

It surely, therefore, is no doubtful good that those, to whom the most important period of the education of human beings is entrusted, should, for their guidance, be put in possession of the experience of men who devote their life to the observance of what is fitting, and the detection of what is unfitting, for the education and health of every stage of life.

We will instance here an important direction, derived from a knowledge of the structure and functions of the brain. Until eight years of age the different parts of the brain are unequally developed; at one period the preponderance of activity is given to one portion and at another to another portion. Now to the posterior, now the anterior lobes. All means, therefore, adopted for the education of the child, which arrest or suspend the child's acquirement of physical strength and health at an earlier age, are

but so many engines employed to lay the foundations of disease, disquietude and intellectual dullness. It is frequently observed, that a man when a child is a child when a man.

The mother, who restrains the noise of her laughing, clambering, rolling, bawling babies, may be a very genteel lady, but makes a very bad nurse. The lungs cannot be developed without unrestrained exercise and active exertion: the muscles of the body require, in order to attain their full proportion, an activity of the brain co-existing with their exercise; therefore is it that the play of children should be an unchecked amusement to them.

But a child must be trained for manhood, and to the parents' judgment and good sense, or in other words, their intellectual and moral attainments must we look for the training of the rising generation at so critical a period. Upon the mother (doubtless acting under the direction of her husband) must we chiefly rely for promoting and cherishing in her children ease, agility, cheerfulness, health and happiness; whilst the child unconscious of its wholesome rule is making no slight advances in moral and even intellectual attainment.

To a mother so informed and self-governed we need but casually allude to the propriety of directing for her children the simplest diet, warm and sufficient clothing, exercise in the open air, a pleasing even-tempered nurse, a freedom, above all things, from every thing calculated to excite, or exasperate, or grieve them.

We proceed to describe the most general diseases

of children, and the method which may be safely adopted by their parents to promote their cure.

Sect. 2.—Aphthæ, or Thrush,

called sometimes *frog*—is a disease very common among children. It shews itself in small white ulcers upon the tongue, gums and around the mouth and palate, resembling small particles of curded milk. Infants from the third to the fifteenth day are very subject to it. When the disease is mild and confined to the parts mentioned, an equal quantity of borax (called in the East Indies tincor, borech) and sugar should be mixed and put on the white spots with a feather twice or three times a day. Five grains of finely powdered calcined magnesia should be given internally, and if the bowels be confined, or of an unhealthy colour, a tea spoonful of castor oil four hours subsequent.

Should the disease continue after this treatment unrelieved for four and twenty hours, or should it return after a short interval, and more severely, medical aid should be procured; for when thrush is of long standing and extending down to the stomach and intestines it very frequently proves fatal. In warm climates and foggy, marshy districts it is commonly severe and requires much care.

It will often appear after the nursing mother has taken injudicious food; and when frequently recurring indicates the propriety of keeping the child from the breast, and feeding it with spoon food, of which the best kind it is worth the while to give here: take a tea spoonful of arrow root, mix it carefully with

cold water into paste, pour upon it half a pint of boiling water, boil it for a short time and put it by to cool.

This diet may be given twice or three times in the four and twenty hours, the intermediate food consisting of tepid cow's milk, or if this curdles and is rejected, an ounce of hartshorn shavings boiled for an hour in a quart of water and then, being reduced to one half, strained and put by to cool. A small portion of loaf sugar may be added while hot, and the food given to the baby tepid.

For the treatment of aphthæ in adults, see Part II. Sect. 1.

Sect. 3.—Biles, vulgarly termed Boils,

in infants from the seventh to the eighteenth month are very common. They are hard, rounded, prominent swellings, quickly turning red and painful, and sometimes containing a dark core resembling that of the carbuncle. Sometimes as many as thirty or forty will be seen on the infant at one time.

In these cases the infant must be weaned. Warm water should be kept upon the biles; as the weight of poultices is apt to increase the irritation. The best method of fomenting these painful swellings is to wet a large piece of linen in warm water and put it over them, and afterwards, in order to prevent the evaporation, cover the wetted linen with oil silk. The linen should be re-wetted every half-hour. It would be proper to give two grains and a half of powdered "mercury with chalk," called hydrargyrum cum cretâ, every other night, to be succeeded on the

following morning by a dose composed of twenty grains of manna, rubbed up with a little whey, and to which should be added half a fluid-drachm of tincture of senna.

This treatment should be persevered in for ten or twelve days if the biles do not amend, being alternated with five grains of calcined magnesia—i. e. on those days when the manna is not given.

The diet as recommended in the last section should be attended to.

Where the biles are slight and the infant not of an age to be weaned, it might be sufficient for the nursing mother to take an ounce of castor oil with ten grains of calcined magnesia.

Sect. 4.—Blear Eyes and Ulcerated Lids

require that the bowels should be gently relieved with any of the simple aperients directed at the end of the book.

The child must be fed on plain diet; all fermenting fluids, and all fruit and green vegetables being strictly forbidden.

Apply to the ulcerated or blear lids, with a camels' hair pencil, a little of the diluted nitrate of mercury ointment.

Sect. 5.—Bleeding from the Nose.

Any thing that acts on the imagination of the child will sometimes, as is well known, cure this disorder: for example, tying red beads, red ribbon, worsted, or coral round the neck.

Sometimes it is requisite to stuff the nostrils with

lint; this, if not properly done, will not prevent the blood flowing into the back of the mouth and throat. Often twenty drops of diluted vitriolic acid taken in a wine glass of water will stop even a violent attack.

When it occurs in girls from seven to fifteen years of age it is, generally, better not to interfere with it; yet if the parent be alarmed let medical aid be procured.

Sect. 6.—Bruises.

Let the bruised part be kept quiet and fomented with warm water and flannels for twenty minutes; if the bruise be severe a fomentation of boiled poppy heads, and flannel bags containing camomile flowers, (whereby the hot water is retained longer in the flannels and the soothing nature of the fluid, in which these poppy heads have been boiled, is increased,) may be used with advantage.

Sect. 7.—Burns and Scalds.

If the accident hath occurred in the neck, throat, or chest medical aid should be procured if practicable, for no extensive burns can occur in these parts without risk to the life of the child.

The best application for burns is flour dredged on with a common kitchen-dredger; and as the blisters rise let the water be carefully drawn off, and again let the flour be applied.

If the burn be slight and circumscribed, as on the finger, or the back of the hand; let a plaister, made of spermaceti spread on leather, be firmly pressed to the part and there retained till a cure is effected.

It is always prudent, in severe burns, to give a dose of aperient medicine, and order low diet.

If red, spungy granulations rise, where the burn has been deepest, and shew little disposition to heal, they should be kept moist with a lotion made of two grains of nitrate of silver (lunar caustic) dissolved in an ounce of water.

Sect. 8.—Chicken Pock.

After vaccination the arms are sometimes very red and swollen, and the child restless; all that will be required will be a dose of castor oil, and a little patience in nursing.

Sect. 9.—Convulsions

are of various kinds, partial or general, most commonly displayed in children by the muscles of the globe of the eye throwing the ball into involuntary distortions; the face, neck and jaws are often similarly affected; the legs drawn stifly up, and suddenly violently thrust down again; the arms act without control, or remain stiff and motionless.

When convulsions are produced by fright the proper means will be, in a child from one to three years of age, from five to eight drops of laudanum, keeping the child quiet and soothed upon the knee till it has fallen asleep, and watching carefully till it wakens, when the moral treatment of advice and assurance is the best remedy.

This affection will be found to be produced, far more frequently than is suspected, by the most iniquitous habit of nurses frightening children in

order to keep them quiet in bed. This caution is given advisedly.

Convulsions produced by the disordered action and state of the stomach and bowels are by far the more common occurrence, and when not severe attract but little observation.

The first thing to be done is to put the child into a warm bath from ten to fifteen minutes; giving to a child, from half a year to a year and a half old, five drops of antimonial wine in a tea spoonful of water, and repeating the dose every two and half hours till the child falls asleep; when it awakens give one grain of calomel and one of loaf sugar, and at the expiration of four hours a tea spoonful of castor oil. If the age be from two to five years increase the doses according to the proportional table given towards the end of the book.

Should the case prove obstinate or severe, medical aid should be speedily obtained.

For convulsions in adults, see Part II. Sect. 4.

Sect. 10.—Croup.

This disease children are very liable to. It commences by producing difficulty of breathing, and the breath passes with a crouping sound; very soon the respiration becomes alarmingly impeded, and a tenacious lymph, coagulable and sometimes ropy, lines the air passages, called the trachea and bronchia.

It sometimes attacks districts, particularly those situated in marshy countries. It is very liable to return in those who have once suffered from it, and

is known to run through whole families. It is peculiar to children.

The child is generally fretful, drowsy and peculiarly heavy about the eyes a day or two before it is seized with croup. The cough, which from the commencement has a shrill sound, becomes in a day or two very severe and dry, shaking the patient, causing the face and eyes to flush and swell. The breath seems to fail after each fit of coughing, and then a general tremour steals over the whole body; the face is raised, the neck swollen, the skin darkened and suffused with venous blood; there seems in the patient an agony in striving to relieve himself from suffocation. Often a hissing sound, sometimes a yelping as of a dog is heard in the throat. Sometimes a yellowish white, thick, stringy matter is coughed up, sometimes fine filmy shreds, like torn and saturated French cambric. The pulse is quick and jerking. The child is exceedingly restless, requiring to be carried up and down the room continually, or from one room to another: the thirst is great, but the power of swallowing becomes more and more impaired.

If, in this state, relief be not obtained there will be but very little hope of the child's life. The respiration becomes creaky, stridulous and increasingly laborious, and every fit of coughing threatens to prove fatal.

Rarely, yet sometimes death ensues within a few hours from the seizure of the disease. About the fifth day is, however, generally the most to be feared.

The child may linger to the ninth, but this is seldom the case.

When the disease takes a favourable turn, it is shewn by the fits of coughing being no longer accompanied with those fearful tremours and spasms, and by a profuse expectoration of thick shreds, as if the child were coughing up the lining of its throat; but this last sign alone is little satisfactory unless accompanied with the appearance of general improvement, for it often precedes, a few hours only, dissolution.

Treatment.—If it be practicable obtain medical assistance; if not, in the early stage of the disease, give from half to a tea spoonful of antimonial wine every quarter of an hour until the stomach be freely relieved by vomiting. Afterwards give four grains of calomel in honey, putting it on the tongue by little and little with the tip of the finger, especially if the swallowing be rendered difficult.

Put four leeches on each side of the prominent part of the throat, and rub the breast with a few drops of croton oil.

If the disease gains ground put the child into a bath as warm as it can bear, to which half a pound of mustard has been added; keep it there for twenty minutes, unless it should faint away. When it is removed from the bath apply to the thighs, legs, or feet mustard poultices, made of equal parts of mustard and hot linseed meal, suffer them to remain on for a quarter of an hour, and let the application be repeated at half hour intervals six or eight times.

Should this Marsyan treatment afford relief (which it often will), and should the breathing become a little

less laborious, the calomel and antimonial wine will begin to clear the intestines, and an amendment may be hoped.

The best now to be done is to rub the throat with croton oil (avoiding the leech bites), which will bring out a plentiful crop of small pimples; and give ten drops of antimonial wine with eight drops of the tincture of henbane every three hours.

If a visible improvement should take place by the fourth night; give two grains of calomel and four of powdered scammony, succeeded on the following morning by a black draught, formed of twenty grains of manna, two drachms of epsom salts, and an ounce of infusion of senna.

When the child has recovered let four grains of calcined magnesia, twenty drops of tincture of ginger and camomile and a drachm of epsom salts in an ounce of the infusion of cascarilla be given every other morning for a month. Ever after let the child be clothed in flannel placed next his skin.

Sect. 11.—Diarrhæa, or Purging,

is produced in children at the breast by some incorrectness in the diet of the nursing mother, who would do well to take half an ounce of castor oil and ten grains of calcined magnesia.

In children from a year to five years old, if it be not habitual but merely accidental, the best treatment is from half to a tea spoonful of antimonial wine every quarter of an hour till the stomach has been thoroughly relieved; and then, at bed time, from two to four grains of powdered mercury with chalk, succeeded

on the following morning by a draught made of five grains of calcined magnesia and twenty grains of manna in an ounce of peppermint water.

For diarrhœa in adults, see Part II. Sect. 7.

Sect. 12.—Ear Ache

is easily cured by an active dose of aperient medicine and by dropping a drop of sweet salad oil into the ear.

Sect. 13.—Excoriations

require, generally, nothing but a little hair powder applied with the puffer to the irritated surface.

Sect. 14.—Flatulence

arises from a disordered state and action of the stomach, it often depends upon constitutional debility and then seems incurable. The bowels must be kept gently relaxed, the diet should be dry, nutritious and mostly animal, all crude fruits and green vegetables should be abstained from.

It not unfrequently occurs in sucking children, when the nursing mother has been careless in her diet; the best remedy then is for the mother to take half an ounce of castor oil and ten grains of magnesia, and be more careful for the future.

Sect. 15.—Gravel,

when it occurs in young children, may generally be cured by attention to diet. A dose of simple aperient medicine and ten drops of the sweet spirit of nitre

may be given three times in the day in a table spoonful of water. If it be troublesome obtain medical aid.

For gravel in adults, see Part II. Sect. 12.

Sect. 16.—Gripes, or Griping.

In sucking infants these are generally caused by the mother's injudicious diet, who ought therefore to abstain from the food which has occasioned them. The best treatment is for the mother to take half an ounce of castor oil, twenty drops of essence of peppermint and thirty grains (half a drachm) of calcined magnesia in a cup of water.

If the gripings are severe put the babe into a warm bath, and give one grain of calomel every three hours till it is relieved, then give a tea spoonful of castor oil. The stools will be found green, or black and slimy.

If the babe be weaned use the warm bath, and let calomel be given in a little peppermint water, the child should be put to bed. It would be better the next morning to give a scruple (ten grains) of manna in an ounce of senna tea.

Sect. 17.—Hiccup, or Hiccough,

arises from acidity in the stomach. It may be cured in the infant at the breast by the mother's taking a dose of castor oil and calcined magnesia, and as she was the cause by some error in diet of the evil, she should suffer the inconvenience attending the remedy, and it is only by this that the cure can be safely effected. Let her be more careful for the future.

Hiccup as a symptom after protracted fevers is

greatly to be apprehended, and frequently indicates approaching dissolution.

Generally a glass of warm water will cure it when slight, or occasional.

Sect. 18.—Hooping Cough,

generally commences with somewhat impeded respiration, rapid pulse, feverishness and thirst; to these succeed cough, difficulty of expectoration and hoarseness. In about eight or ten days the peculiar and characteristic features of the disease will be developed, namely a convulsive cough attended with a sound called the hoop (whence the name of the disease). The coughing comes on in fits, or paroxisms which are of different durations and terminated either with vomiting, or the expectoration of a quantity of viscid matter mixed with saliva in different states. At this period bleeding from the nose, mouth, or ears, takes place when the disease is violent; and the face which during the fit became swollen and dark becomes very pale, and faintness supersedes.

Sometimes the child lies stiff and motionless, apparently suffocated, the head and face still turgid and suffused with livid red. More commonly, however, the fit of coughing having ceased the child resumes its amusements as if nothing had occurred, about which it busies itself till interrupted by another paroxism; often will it express a desire for food, which is greedily eaten, but soon is returned by vomiting.

When the expectoration becomes abundant, the fits of coughing less frequent, or of shorter duration, the disease is beginning to subside.

The treatment is to keep the bowels relieved by an occasional dose composed of a scruple (twenty grains) of manna, a drachm of tincture of senna and an ounce of the infusion of senna taken at bed time. During the day give five drops of antimonial wine every three or four hours.

Half an ounce of oil of amber, half an ounce of oil of cloves, and an ounce of olive oil, well mixed together, make an approved liniment to be rubbed on the back and breast of the patient every night and morning.

Milk diet is generally the most judicious.

Cough—often after the measles have subsided a long troublesome cough will be left; the best cure for which will be the same as should be recommended for children's winter coughs: namely, a dessert spoonful of castor oil three times a week at bed time, and linseed tea, to which half a tea spoonful of syrup of squills has been added, to be given three or four times a day.

A recent cough should be similarly treated.

N. B. Pour boiling water on the linseed and let it stand twenty minutes in a covered vessel, but do not boil the linseed to make the tea here ordered.

Sect. 19.—Itch.

Watery pustules appear first on the wrist and between the fingers. When these dry up they are apt to leave dark brown heads.

The best treatment is to rub the feet with an ointment made of an ounce of lard, two drachms of powdered white hellebore and half an ounce of sul-

phur. While the feet are anointed put on a pair of socks. Continue this application night and morning till the eruption disappears.

A belt for the body of the same ointment hastens the cure. Insist on cleanliness as well in the walls of the house as in the patient.

Sect. 20.—Leprosy.

The only form we shall here describe is that which shews itself first in small elevations of the cuticle, reddish but containing no fluid; these elevations form into patches which enlarge, are round and become scaly, and are formed into an irregular circle, somewhat larger than a penny piece, surrounded by a reddish ring.

Leprosy commences commonly in the knee, thigh, elbow, or forearm, and will, if not checked, often extend over the whole body.

The treatment is five drops of Fowler's arsenical solution (liquor arsenicalis) in a wine glass of water three times a day. The dose to be gradually increased to eight or ten drops.

Sometimes an ointment formed of native orpiment and lard (three grains to a drachm) has been found beneficial, rubbed on the spots every night.

The bowels should be attended to. The diet should be generally generous.

Sect. 21.—Measles

are in cold climates a dangerous disease, less from the immediate than the ultimate consequences. All ages are liable to measles, the young especially. They

commence commonly with a feverishness, a general lassitude, soreness of the throat, sickness, a characteristic heaviness about the eyes, which are suffused, and the eyelids swollen; the nostrils produce an acrid, thin discharge accompanied with sneezing, and the light is often intolerable to the eyes. The fever gains ground, and a dry, short, harrassing cough succeeds. There is pain in the chest, loins, and in the region of the bowels; the tongue is white, its back furred, the thirst great, and the head ache oppressive.

From the end of the third to the fifth day an eruption appears, which feels to the hand like slightly elevated spots on a surface which is covered with cambric. They are red, rounded, and not often, but sometimes become pustular; on their appearance the feverish symptoms only very slightly abate.

By the tenth or twelfth day the skin is restored to its wonted colour, and this is the most critical period of the disease; for it often happens that the cough and fever increase in violence, a chronic looseness supervenes, swelling of the glands in the neck or abdomen arises; or dropsy, or inflammation of the throat, lungs, or intestines supervenes.

If the disease has been peculiarly severe dark brown spots, varying from the size of a pin's head to a sixpenny piece, will appear interspersing the eruption. The pulse will be found quick, irregular and very feeble, and the patient is soon carried off.

When the disease has assumed the mildest form the case requires care from the tenth to the thirtieth day.

Treatment.—The child must be confined strictly to bed, and the room of temperate heat; the venti-

lation carefully conducted, for a cold draught blowing upon the patient is at best but unsuccessful practice. If the temperature be too high the fever, head ache and restlessness will be increased.

The first stage requires the bowels to be relieved by a gentle dose of castor oil (from a drachm to four) and when this has been effected put into a phial an ounce of antimonial wine and an ounce of the tincture of henbane, mix them and give twelve drops every four hours in a dessert spoonful of water. Direct gruel and barley water for the diet.

The well known practice of giving acids is liable to the objection that a troublesome looseness, or diarrhœa is thereby occasioned.

After the eruption has ceased if the eyes remain much inflamed put a blister on each temple.

If the cough be severe. Take half an ounce of sweet spirit of nitre, half an ounce of the tincture of henbane, and an ounce of the syrup of squills, mix them and give a small tea spoonful three times in the twenty four hours in a cup of warm linseed tea; and keep the patient closely confined to the room.

If after the eruption has ceased the breathing is quick put four leeches on the feet, order a warm bath, and between the shoulders and blade bones rub croton oil, and put a blister on the chest. For an adult put the leeches on the throat in this case.

If the bowels be very loose give one grain of calomel at bed time; feed the patient upon tapioca, carrageen moss made into blanc mange, rice milk thoroughly boiled, and get him into the country if practicable and the weather favourable.

It is hardly needful to add that, throughout, medical advice should, if possible, be procured.

Sect. 22.—Mumps

are swellings of the glands under the jaw, the ear, and down the neck. They render the swallowing difficult and are attended with some feverishness, foul tongue, and head ache; about the fourth day the symptoms abate, till when the best treatment will be to cover the neck with flannel and administer a gentle aperient medicine, and insist on fever diet.

After the fourth day let a grain of quinine in fifteen drops of diluted vitriolic acid be given in a wine glass of water three times a day for a fortnight.

This disease may be rapidly communicated either by the atmosphere or by contact.

Sect. 23.—Nettle-rash, or Urticaria,

is sometimes very mild, appearing for a few minutes at a time and in different parts of the body, very like the little elevations caused by the stinging of nettles (thence its name). Sometimes, however, the skin becomes very red and swollen, and the rash assumes so much the appearance of scarlatina as to deceive an inexperienced eye; it differs however from the latter in being not accompanied with inflamed throat, and the different face it assumes even during the short duration of a day or two; this is the longest stay that it makes at once, and very rarely is it so protracted without disappearing for a few hours at least.

It is generally brought on by injudicious diet, and the treatment should be four grains of powdered

scammony and ten of sal polychrest (sulphate of potassa) at bed time, and a black draught on the succeeding morning.

Should it occur in an infant at the breast, the mother must take a dose of castor oil and ten grains of calcined magnesia, and be more judicious in her diet for the future.

Sect. 24.—Puking, or Sickness,

is commonly caused by oversuckling the infant. The cure would be effected by the mother's living more sparingly, and putting the child less frequently to the breast.

Some weak minded people maintain that the best nursing mother is that one whose infants are always sick after the breast. This is foolish and a pernicious error.

Sect. 25.—Redness of the eye.

If the eye becomes suffused with a darkish red, unaccompanied with pain, relief may be obtained by a dose of castor oil at bed time and a black draught on the succeeding morning.

If the redness be accompanied with pain, the first thing should be to open the lids well, turn out the upper one and examine carefully if any foreign substance is lodged on the lid, or eye, if it be take a syringe and with warm water remove the matter by forcing a strong current over the part. If this be done firmly very little pain will be caused.

If the inflammation be considerable apply, in a child from a year to two years old, two leeches to the

temple and foment till the leeches will bleed no longer, and give at night one grain of calomel, and an aperient draught in the morning; when, if the eye be not greatly improved, apply a blister to the nape of the neck or back of the ear.

If the age be from two to four apply from two to four leeches; if from four to six apply four leeches.

For redness of the eyes in adults, see Part II. Sect. 17.

Sect. 26.—Rose, or St. Anthony's Fire, or Erysipelas,

is common in weakly children; when slight it attacks the legs, loins, or the arms; the skin feels rough, and hot, and swollen, looking red and puffy; if the finger be pressed upon it the spot turns pale for a moment and then becomes red again. Generally there is pain of the head, thirst and weight at the pit of the stomach, the pulse small and frequent. When erysipelas attacks the genitals or lower parts of the body in an infant the belly becomes tumid and hard, and very soon unequivocal signs of mortification appear.

We need hardly express the propriety of desiring medical aid, for we hardly know of any but one form of erysipelas which is not attended with danger, and that is the disease called shingles, or ceingle which consists of little headed vesicles forming a zone around the body a little above the navel, and is easily cured by putting thereon a little hair powder, and giving internally a dose of five grains of rhubarb and eight of sal polychrest (sulphate of potassa) every night at bed time till the disease disappears.

In common cases of erysipelas, if medical aid cannot be procured and the inflammation threatens to run high, give to the child, from three to six years of age, three grains of calomel, and at the expiration of four hours commence giving antimonial wine with tincture of henbane, of each ten drops every four hours.

Apply from two to three batches of leeches to the inflamed part, each batch consisting of three leeches, and let each batch be as far removed from the other, or others as is practicable. When the leeches have fallen off foment with hot water in which poppy heads have been boiled, and when the bleeding has ceased keep on for the night warm water in flannels. On the following morning powder the part with hair powder. Give gruel diet and continue the henbane and antimony; at night let two grains of calomel and three of scammony be taken, and it is probable the case will do well if not very severe.

For a less age or greater, proportional doses and number of leeches may be used.

In an infant this disease about the genitals is generally fatal and cannot be treated by the application of leeches. The best to be done is to give two grains of calomel and, after the lapse of three hours, commence giving five drops of antimonial wine and five of henbane every three hours; you may gradually increase the dose to eight drops.

In the slightest forms of rose, the internal remedies above prescribed will be sufficient without the application of leeches: in this case cover the part with hair powder.

One thing should never be forgotten. If erysipelas attacks the hand or arm let a piece of lunar caustic be dipped in water and drawn round the arm above the redness in form of a bracelet, to prevent the redness creeping to the body. In whatsoever part of the body, except the head, rose appears isolate it, if practicable, in this way.

For erysipelas in adults, see Part II. Sect. 11.

Sect. 27.—Scald-head, or Tinea Capitis,

is characterised by little ulcerated spots at the roots of the hairs of the head, which produce little white crusts. The treatment is to remove carefully the hair; apply, to the parts diseased, gently night and morning the nitrate of mercury ointment (the milder) called unguentum hydrargyri nitratis dilutum, and give the medicine recommended in Sect. 32, for teter.

When the head becomes pale and the pustules cease to rise the disease is destroyed.

Sect. 28.—Scarlatina

commences with a sense of weariness, a langour, a feeling of stupid listlessness, and rigours (chilly fits) succeeded by heats. The mouth feels hot, the thirst is great, the skin parched, eye heavy but anxious. There is nausea and generally some vomiting. To these symptoms quickly are added stiffness of the back of the neck, soreness of the throat and pain in the attempt to swallow. The soft palate, pin of the throat, called uvula, and tonsils are found to be red, swollen, and frequently covered with grey specks.

About the third or the fourth day the skin is

covered with an efflorescence, and resembles the shell of a boiled lobster, this continues about four days; perspiration comes on and fever subsides; the cuticle, or outmost skin scales off, and the patient is left weak, but in a fair way of recovery.

Should the body at the disappearance of the red eruption be suddenly swollen all over with a dropsical effusion under the entire skin, it is not to be feared unless accompanied with some serious disease.

But should the fever increase with the eruption, the pulse become frequent, the efflorescence studded with livid spots, and delirium succeed; a purging, or bleedings may be expected to cut off the patient before the tenth day.

There is always ground for apprehension, when the fever has been severe, of fatal consequences ensuing about the time the cuticle begins to peel off.

Scarlatina may degenerate into putrid typhus and then, most frequently, terminates fatally.

In its mildest form it may be confounded with measles, a distinction will be found in the absence of the measles' characteristic running from the nose, sneezing, watering of the eye and short troublesome cough.

The treatment should, if practicable, be directed by some medical practitioner.

If the age be from four to seven it would be advisable, in the early stage, to keep the sufferer in a warm bath for twenty minutes, confine him to bed, ventilate the room well, but carefully, and give from seven to twelve drops of antimonial wine every three hours. Let two grains of calomel and one of James's powder

be given at bed time, to be succeeded in the morning by an ounce of warm senna tea, to which are added a scruple of manna and a drachm of epsom salts. The antimonial wine may be persevered in through the day, until the eruption appears, when an equal quantity of tincture of henbane may be added to each dose of the antimony with advantage. Repeat the calomel and James's powder and the draught on the succeeding morning, and in a day or two commence giving two ounces of the compound decoction of sarsaparilla three times a day for ten days.

If the age be less or greater than that proposed above, the doses must be proportional.

Sect. 29.—Small Pox,

when arising naturally is preceded by soreness of the throat, pain of the head, back of the legs and loins; there is also redness of the eyes, fits of shaking and heat, thirst, vomiting, quick pulse, and sometimes faintings and convulsions. About the third day an eruption of red spots appears on the neck, breast, or face, dispersing gradually over the whole body. They increase in size, and about the sixth day become limpid at their apices, forming heads containing watery fluid, which about the eighth day turns thick and yellow, and about the twelfth day the swelling of the face subsides, some of the pustules break, become dry, form crusts, which, falling off, leave the skin a brown red colour, this continues for some days. Some pustules leave pits behind.

Sometimes the pustules run together leaving the

body one mass of disease, and the pits left run in seams along the surface of the body.

The best treatment is, at the early stages, a dose of aperient medicine, and ten drops of antimonial wine with eight of tincture of henbane every four hours, a remedy very useful and, after awhile, peculiarly soothing and agreeable to the patient.

Fever diet.

Occasional doses of castor oil should be given, and gauze stretched on large hoops should be put over the face to protect it from the flies.

If you are aware of it before the pustules affect the eyelids, make the patient shut the eye tightly, and wash gently, with a camels' hair pencil, the eyelids with the lotion of the nitrate of silver, which will seldom fail to keep them from being covered with the pustules throughout the attack.

Medical aid should be obtained.

Sect. 30.—Sore Throat.

Rub the throat with a liniment made of half an ounce of the fluid of ammonia (called spirit of hartshorn) and an ounce and a half of olive oil, well shaken when about to be used. Keep on flannel, and give a dose of common purgative medicine at bed time.

Sect. 31.—Sprains,

are more serious things than bruises generally; and when a joint is affected medical aid is required: if none be nigh at hand foment with warm water twenty minutes, if no relief be thereby obtained apply leeches, in a child from two to three years old three leeches;

from three to six years four or five leeches; from six to eight years five or six leeches, and so on progressively. On the succeeding day apply a bandage to the joint carefully, and enjoin perfect rest.

Sect. 32.—Stomach Ache.

Let from half to a tea spoonful of antimonial wine be given to the child in half a wine glass of warm water, and repeated every quarter of an hour until the stomach is thoroughly relieved by vomiting.

When this has been effected, let a dose of simple aperient medicine be given at bed time, succeeded by a senna draught, containing tincture of ginger.

If the child be under two years of age the best aperient medicine for it is castor oil.

Sect. 33.—Tetter, Herpes, or Scabs.

There are three kinds very common with children, the first is the "pustulous tetter;" it arises in the appearance of two or three pimples, which soon form heads containing thin watery fluid which anon turns yellow, exudes and dries up into a thick crust, or scab. This tetter occurs commonly at the corners of the mouth, or behind the ears; though not always confined to these parts. When the scab falls off the skin is left red, or slightly excoriated, and the mark remains for months.

The second kind, from its fancied resemblance to the millet seed, is termed the "miliary tetter;" it is most frequently seen about the upper portion of the thighs and the parts adjacent, or the loins, or the breast.

The pimples, though in clusters, are separate and contain quite clear water, when this exudes little scales appear, which no sooner fall off than the inflamed surface commences to give out a tough viscid fluid, which adheres to the linen, and becomes more inflamed by the attempt to liberate such portions of the dress as are thus confined. The disease throughout is accompanied with almost constant itching.

The third kind is the "dry tetter," which is the least troublesome to bear, but by far the most difficult to cure. A red efflorescence, consisting of largish spots of small pimples, appears on the face, neck, arms, or wrists. The pimples continue for a day or two; then fall off, or dry up into small white scales like pollard, or fine bran; this easily brushes off, leaving the skin sound but here and there tinged, or streaked with a reddish hue. As soon as one batch is cured, at the same place comes a similar efflorescence, which, running the same course, leaves the field just in time to be followed by its successor.

The best remedy for the pustulous and miliary tetters is to powder the part where the pimples abound with flowers of zinc, with a puffer similar to that used for putting on hair powder. Strictly prohibiting in diet all fruit and green vegetables, and insisting upon light, plain and simple food.

If at the breast the child must be weaned and three grains of mercury with chalk be given every other night, and five drops of antimonial wine three times a day in a tea spoonful of water. If the child be from one to three years old, four grains of powdered mercury with chalk should be given, and the doses of

antimonial wine increased one third, and let a dessert spoonful of castor oil be given on the morning succeeding the dose of the powder.

The best diet seems to be boiled milk set by to cool, to which is added a sufficiency of stale, perfectly sweet bread for a meal. A little simple animal food should be given at noon, and much exercise in the open air recommended, especially before breakfast.

A warm bath twice a week, and an occasional dose of from four to eight grains of calcined magnesia about three times a week might prove of benefit.

The doses must be increased or diminished according as the age exceeds or fails of that proposed.

The dry tetter requires in children the same treatment, except that the external application may be omitted.

For adults, in whom the dry tetter is by far the most frequent, see Part II. Sect. 20.

Dry tetter is vulgarly known by the name of land scurvy.

Sect. 34.—Worms.

Three species are common:—

First—The thread, or maw worm; half an inch long, terminating at its tail in a fine point.

Second—The lumbricord worm, or long round worm; when full grown a foot in length, with triangular mouth.

Third—Tape worm; body flat and jointed, or body round, jointed, having a mouth at each joint.

The signs of worms are fœtid breath, grinding of the teeth during sleep, picking the nose, paleness of

the face, acid eructations, swelling of a portion of the belly which is there hard and tender, slimy stools, gripings, variable appetite, great irritability and itching of the lower parts of the body; short, dry cough, emaciation; slow fever, increasing towards night; irregular pulse, irritability of the bladder and sometimes convulsive fits.

The treatment of the first class, which will often be successful, consists of a dose of castor oil, exercise in the open air, insisting upon wholesome diet, and a strict prohibition of uncooked fruit, and raw and green vegetables.

See that table salt be taken with all the food.

It would be well to give four grains of basilic powder twice a day, in half a wine glass of infusion of cascarilla to a child, from two to three years of age, to which eight drops of the muriated tincture of iron have been added.

The second kind of worm requires, in a child from six to twelve years of age, half an ounce of turpentine with half an ounce of castor oil twice in the first week, and eight grains of basilic powder in infusion of cascarilla twice a day, on those days on which the oil is not acting.

The tape worm is not common in children. In adults it may be cured by ounce doses of oil of turpentine with castor oil.

END OF PART THE FIRST.

PART II.

DISEASES OF ADULT MALES AND THEIR TREATMENT.

Sect. 1.—Aphthæ, or Thrush,

in adults, when displayed by a few white spots, or ulcers on the cheeks, gums, or about the tongue, is to be cured by taking, at bed time, four grains of blue pill with four of powdered scammony made into two pills, and a seidlitz powder the next morning.

The diet for those people who are liable to this disease should be nutritious, and generally a few glasses of port wine may be taken with advantage.

If the ulcers infect the throat and extend down the stomach and alimentary canal, the case is not divest of danger and will require very careful medical attendance. The treatment is commonly two grains of sulphate of quinine, three times a day, in twenty drops of elixir of vitriol, taken with an ounce and a half of the compound decoction of sarsaparilla.

Sect. 2.—Ague.

Three kinds may here be noticed :—

First—Daily, called "quotidian ague," coming on in the morning.

Second—Tertian, coming on every other noon.

Third—Quartan, coming at the interval of every seventy-two hours in the afternoon.

We pass over the double, or triple tertians, or quartans, considering them to be included in the three kinds already mentioned.

Each fit has three stages—first the cold, second the hot, and third the sweating.

First, the cold begins with yawning; a sense of weakness and heaviness. The face turns pale; the features shrink; the man looks smaller, or shrivelled; he feels cold, and then begins to shake and his teeth to chatter; his loins, head and back ache greatly; his breathing becomes quick, and his mind seems stupified. After awhile succeeds the

Second stage, when the coldness and shaking ceasing, the body becomes hot, the face flushed, skin dry, the temples throb, the head feels pained and heated, the respiration heavy and full, pulse hard, tongue foul, and it may be, the mind wandering a little. Then comes the

Third stage, when the temples become bedewed with a gentle perspiration, which extending upward to the hair first, is quickly perceptible over the whole body. From every pore ooze the big drops, rolling down the face, and often literally soaking the linen. The breathing becomes natural, the head relieved, and all the organs seem to regain health and ease.

For the treatment of ague give two grains of blue pill with eight of powdered rhubarb every other night, and two grains of the sulphate of quinine three times a day, increasing the dose gradually to five grains.

Bleeding from the arm at the commencement of the cold stage has often been seen to cure the patient when all other treatment has failed.

Sect. 3.—Biles, or Boils.

Apply poultices to the swellings, and when the matter is formed let it be relieved by lancing the head; continue the poultices, and if a dark core be left the diet should be generous, a few glasses of port wine will do good.

Generally a dose or two of aperient medicine will be of service.

Sect. 4.—Convulsions,

in adults, assume various forms and depend on various causes. Generally it will be as well to give half a grain of acetate of morphia, and put the sufferer into a bath, heated to one hundred and ten degrees Fahrenheit, in which he may be kept for twenty minutes. Bleeding may be required. But it is not possible, in a work so condensed as this, to describe the complicated tissue of causes, or the more complicated effects produced, or treatment which might be expedient.

Sect. 5.—Continued Fever, or Synocha,

is very commonly seen after imprudently drinking cold water when heated by exercise; also after giving way to violent or continued passions, whether of grief or rage. Also from the sudden stopping of accustomed evacuations or discharges, and from the sudden repulsion of eruptions.

It commences by producing a feeling of languor and weariness, a swimming in the head, shaking fits, pains in the thighs, loins, and back of the head and

neck. To these symptoms succeed redness of the face and eyes, much complaining and lowness of spirits, great thirst, intense heat, quick breathing and sickness; the skin becomes hot and dry, the tongue scarlet at the edges, furred at the back and middle, the urine high coloured and scanty, pulse hard and full, and the memory impaired. If the symptoms increase in violence delirium supervenes; the stools pass involuntarily, hiccough comes on and the case terminates fatally. But if by the eighth day the symptoms of fever abate, or if by the fourteenth day there be no exacerbation of disease, the case may be regarded as favourable.

The treatment is, in the first stage, a tea spoonful of antimonial wine given in a wine glass of water, and the dose should be repeated in an hour. Four hours subsequent give four grains of calomel with five of the extract of henbane, and a black draught in the morning. When the aperient medicine has ceased its action give from ten to twenty drops of antimonial wine three times a day, and be sure strictly to forbid any food being taken by the patient till the fever has subsided. Repeat the calomel, &c. in a day or two and watch the diet closely.

Toast and water, thin barley water, and a little cold water to which a few grains of cream of tartar have been added will be the most judicious nourishment and quite sufficient.

Sect. 6.—Cholera (English), or Diarrhœa.

If purging come on accidentally, occasionally, and is merely recent, unaccompanied with sickness and

not depending on injudicious food newly taken, the treatment should be two drachms of the tincture of rhubarb, and half a drachm of the aromatic spirit of ammonia, taken without water.

The dose may be repeated, if required, in two hours (it will rarely be required).

At bed time give two grains of calomel, four of the extract of henbane, and one drop of caraway oil, made into a pill.

If sickness precedes the attack, and the patient can keep nothing down, give one tea spoonful of antimonial wine in water, and repeat the dose every quarter of an hour till the stomach be thoroughly relieved. In three hours time give a bottle of soda water, and at bed time give the pill above prescribed, and a black draught on the succeeding morning.

If the diarrhœa be long standing and constitutional, brought on by the action of moral causes, the best medical remedy will be five grains of powdered mercury with chalk, and five grains of the compound chalk powder, taken at bed time for a few nights, and a tea spoonful of the tincture of cinnamon (of the London Pharmacopœia), taken three times a day in a small portion of warm brandy and water.

If relief be not procured medical aid must be called for.

Sect. 7.—Cholic.

Three kinds are described, although to but one the term is applicable, and that is the spasmodic pain of the body caused by an accumulation of bile in the gall bladder, which occurs frequently when gall stones obstruct the passage.

Pain is felt on the right side of the body, above and a little to the right of the navel; shivering fits succeed, it may be vomiting; in the course of a few hours paroxisms of intense pain arise, which last for many hours, and, if not relieved, greatly exhaust the patient.

The treatment is a warm bath, at one hundred degrees Fahrenheit, for twenty minutes, and two tea spoonsful of antimonial wine in a large quantity of warm water. As soon as the sickness shall have subsided give five drops of oil of turpentine, and linseed tea. Seven hours subsequent let an ounce of castor oil be taken.

For the after treatment read the section upon jaundice.

The other two kinds of cholic, incorrectly so termed, are, first, the spasmodic pain occasioned by indigested, acrid food; and, second, the spasmodic pain in the loins caused by the passing of a stone from the kidney into the bladder.

The first requires a tea spoonful of antimonial wine every quarter of an hour, in warm water, till the stomach is thoroughly relieved of its contents, and an ounce of castor oil four hours after; and the second requires a warm bath, and five drops of the spirit of turpentine, every four hours, in a wine glass of water.

For the treatment subsequently read the section on gravel.

The Colic.—The Devonshire, West Indian, and painters' colic, seem to be one and the same disease, characterized by obstinate costiveness, and vomiting

of acrid bile. The pains come on in paroxisms. The spasms gradually become more violent, and if not quickly alleviated, the bowels become perfectly intractable. If inflammation of the intestines does not quickly carry off the patient, palsy supervenes, and the life prolonged under this wretched condition can only be a boon, as it may be made preparatory for a better and happier state of being.

The best treatment seems to be half an ounce of castor oil every three hours.

There are thirty species of colic.

Sect. 8.—Costiveness.

If merely occasional, may be remedied by a dose of castor oil, or four grains of powdered scammony and ten of sal polychrest (sulphate of potassa), or five grains of blue pill and ten of the compound extract of colocynth, formed into three pills, and two taken at bed time, succeeded by a seidlitz powder on the following morning. The third pill may be given the next night or the night after.

Costiveness is, however, often constitutional, habitual and obstinate; and although the evil of taking much medicine is admitted, still habitual costiveness is productive of even greater mischief.

Let exercise be taken; let the food be light, wholesome, generous, apt of digestion. Let a tumbler of cold water be taken every morning the first thing, and on joining the breakfast table drink off a cup of warm tea previous to eating any thing. Overcome the disposition to costiveness by any, or by all of these means if you can, but if the disorder still

continues it is better constantly to take aperient medicine than suffer the ill effects of a disease which rarely shews any inclination to spontaneous cure; whereas many are cured of this costive habit of body by judicious perseverance in aperient medicine, and ultimately render the affection much more manageable.

The best rule for composing an aperient medicine is to put together the greatest number of aperient drugs, by which means a very small portion of any one will be taken, and the effect of the dose will be increased and more continued than if a larger dose of any simple medicine were persevered in.

Thus pills containing equal portions of powdered scammony, powdered jalap, powdered compound extract of colocynth, powdered gamboge, and supertartrate of potassa, made into a mass with soap or confection of senna, to which a sufficient quantity of the oil of cloves has been added for each pill to contain one drop, will be found an excellent family aperient medicine, and may be given without fear and with good effect as often as the costive state of the bowels may require it.

It is better to vary your aperient medicine, sometimes by taking castor oil, sometimes blue pill and colocynth, sometimes a dose of calcined magnesia and epsom salts, taken in a wine glass of peppermint water. Afterwards return to the old remedy.

A few prescriptions will be given for useful aperient medicines at the end of the book. And some important hints to females upon this subject in a chapter devoted to them exclusively.

Sect. 9.—Coughs, Colds, &c.

are commonly accompanied with soreness under the breast bone, thickness of the voice, coughing, uneasiness of the throat, which will be found red and swollen, slight expectoration and running from the nose.

An aggravated form of this disease is known by the familiar term of influenza, which has a few symptoms of additional derangement of the system, such as pain in the legs and small of the back, feverishness, head ache, listlessness, and sense of great lassitude, the pain extending from its original position immediately beneath the breast bone to one or even both sides of the chest.

The treatment in the early stage of all severe coughs and colds is two of the adult aperient pills, marked either 1 or 2 in Sect. 8., or *a*. or *b*. in Sect. 7. of the Fourth Part; and to allay the irritation of coughing take of tincture of henbane half an ounce, sweet spirit of nitre the same, syrup of white poppies the same, tincture of squills two drachms, mix them and let a tea spoonful be taken three times a day when the cough is most troublesome.

For the first day or two the abstinence must be rigid, the diet consisting of thin gruel, barley water, and weak tea, with little milk and less sugar.

Where influenza does not improve after the third day with this treatment, medical aid must be procured.

But sometimes the sequel of a severe cold is a long standing, troublesome cough, the appetite is greatly

impaired, there is considerable prostration of strength and some emaciation. The friends begin to be alarmed and medical aid is sought, this is well; a blister is tried, and the medicines suited for cases of this nature are recommended, but still little progress seems to be made. The bowels become uncertain in their action, and the sick man becomes rather despondent.

The treatment in this case may be one pill, marked No. 4. in Sect. 8. of the Fourth Part, every night; and let tincture of foxglove and tincture of opium, of each half a drachm, be added to one drachm of aromatic vitriolic acid, and ten drachms of syrup of white poppies; mix them carefully together, and let an eighth part be taken every morning, without water, before rising to dress.

Sect. 10.—Cramps

are incurable when habitual and constitutional; they may be relieved, however, by great attention to diet, and simple aperient medicine taken at bed time. What is known to disagree with the sufferer must be abstained from.

For cramps in women, see Part III. Sect. 9.

Sect. 11.—Cuts and Wounds.

Press the lips of the wound gently together, wipe the surface so united, and having slipped into little bands adhesive plaister, let some assistant place the heated bands of plaister so as to retain the lips in the position in which you have continued to hold them.

Sect. 12.—Erysipelas.

Surround the limb attacked, above the redness, with a ring drawn by lunar caustic dipped in water, to prevent the disease creeping to the body. Give two grains of calomel and ten of powdered scammony at bed time, and a black draught next morning.

Put bundles of leeches, four or five in a bundle, upon the red and swollen part, foment with hot water in which poppy heads have been boiled, and next morning cover the part with hair powder.

Read Rose, Part I. Sect. 26.

Sect. 13.—Gravel.

If red open the bowels freely with castor oil, refrain from malt liquors and acid wines, take twenty drops of the solution of potash in a wine glass of linseed tea three times a day.

The diet should be light, fresh, and a moderate quantity of animal food taken once a day.

If great pain in the loins indicates the passing of a stone use a warm bath, and take half a pint of linseed tea and ten drops of oil of turpentine.

If the gravel be white take half an ounce of castor oil at bed time, and ten drops of muriatic acid in an ounce of camphor julep on the succeeding morning. A glass of light sherry or hock may be taken at noon, and mixed diet of vegetable and animal food will be proper.

Sect. 14.—Gout

most frequently is preceded by a sense of great cold-

ness in the part affected, especially the foot and the leg, no perspiration is felt, but often a prickliness of the part, or of both the lower extremities. The stomach seems cloyed, and indigestion and uncomfortable flatulence with languor and sense of feebleness succeed. Costiveness and a pallid state of the urine are common. Some night, it may be, the patient is awakened with violent pain in the first joint of the great toe, and he feels as if cold water was poured on the foot, then comes on feverishness, and a severe throbbing pain in the toe, which continuing for hours is followed by the bursting out of a gentle perspiration and a mitigation of the agonizing symptoms, during which relaxation the patient commonly falls asleep to be awakened by a recurrence of the paroxism. In a few days the pains, which have gradually subsided, cease altogether, and an itching takes place in the affected joint. During gout the part is swollen and red, excessively painful to the touch, so much so that the mere shaking the apartment often produces exquisite pain.

Chalk stones in the joints after gout seem to have been much more common in Rome in the reign of Augustus than in our day. The acidity of the tartarized wine is said to have been the exciting cause.

Concretions in the kidneys of a chalky nature are sometimes observed in gouty people.

Treatment for Gout.—The first day prohibit animal food, and give half an ounce of castor oil; the second day let a drachm of the tincture of hops be taken in two ounces of the infusion of cascarilla, morning and night.

The diet light, the drink toast and water.

Keep the foot in flannel, and let the patient understand that, do what he will, it is best with patience to wait till the paroxisms subside of their own accord.

Tincture of colchicum (meadow saffron) has been recommended—thirty drops to be taken in water three times a day. To this there are objections.

The celebrated Dutch drops were composed of the tincture of colchicum as their effective ingredient.

In delicate young women where the disease, arising hereditarily, seems to depend upon some arrested state of the usual discharges, attention must be first directed to the affection which has occasioned the attack. When this is cured a glass or two of good port wine after dinner seldom fails to remove the disease in a few days.

When gout has suddenly been stopped and the stomach is affected, hot foot baths, and a plenty of brandy and water must be given, to induce the attack to settle in the extremities.

When strong purgatives have been given at the commencement of an attack of gout, which is hereditary, and thus delayed its paroxism, it is most harrassing and vexatious for both medical attendant and patient, and a long sickness, to be ended by a visit of a month or two in the country, is the best that can be anticipated.

Sect. 15.—Jaundice.

Remain in a warm bath, at one hundred degrees Fahrenheit, for twenty minutes. Take five grains of blue pill every other night, and five grains of com-

pound aloe pill on those nights when the blue pill is not ordered.

Twenty drops of elixir of vitriol, in a wine glass of infusion of gentian, may be taken three times a day.

Sect. 16. Lumbago.

Apply a warm plaister, on leather, to the loins. Take simple aperient medicine for a night or two, and during the day take a tea spoonful of a mixture made of equal portions of sweet spirit of nitre and tincture of henbane.

Sect. 17.—Piles, or Hæmorrhoids,

are small swellings or tumours, arising about the verge of the extremity of the intestines.

Two kinds may here be noticed—

"Blind piles," which do not bleed, and "bleeding piles," which easily burst and cover the stools with blood.

Sometimes blind piles become painful, increase and degenerate into bleeding piles. At other times they arise when the individual gets out of health, and subside when his health improves. Still they leave behind the skin elongated, laxed, wrinkled, and dried up.

It is an evil when piles are, by inattention, permitted to increase; they often will terminate in abscesses, which, having at length discharged the matter contained, establish fistulæ, which render a cure more difficult.

Bleeding piles are not always produced by irregularities of diet, but sometimes arise periodically,

discharging at stated periods blood, and thus resemble menstruation. These piles are generally internal, sometimes appearing after the stool has passed, but often displaying their existence only by the blood which suddenly bursts from them.

During great anxiety of mind they have been known to discharge, without previous warning, large quantities of blood, which suddenly filled the lower intestines, distended the belly, and produced considerable cerebral excitement, fever, and extreme uneasiness. Too often these cases are rendered serious by the injudicious administration of injections and furious purgatives, and a hubbub is kept up about the sufferer which adds to the disease.

The case requires that blood should be taken from the arm, and five grains of the extract of henbane and a quarter of a grain of acetate of morphia may be given directly. At the expiration of four or five hours give ten drops of antimonial wine, and repeat it every four hours. In ten or twelve hours give half an ounce of castor oil; and enjoin barley water and gruel for the diet.

Medical advice is requisite.

The direction to this patient after recovery should be to live sparingly, to refrain from all stimulating condiment, to take very little fluid of any kind, and to reduce himself by exercise and judicious treatment. It would be folly to attempt, suddenly, to check the periodical discharge to which he is liable.

It is probable that, during that period of the year which, from experience, he knows to be critical to him, he will require cupping, leeching, bleeding, or some

other method of reducing him. At such times let him consult his medical man.

When bleeding piles are occasional, or accidental they are to be treated in the same way as blind piles.

Very frequently a certain kind of food, which disagrees with the individual, will uniformly bring on piles. Surely he should desist from it.

Moral government is good for the cure of very many of the thousand ills that flesh is heir to.

A good remedy for piles consists of equal parts of balsam of copaiba and calcined magnesia made into five grain pills, of which two may be taken three times a day; and a tea spoonful of the following electuary every morning or night:—

One ounce of sublimed sulphur, twenty grains of powdered jalap, mix these carefully and intimately with one ounce of cream of tartar, and an ounce and a half of confection of senna. Should the mass be too thick and consistent, half an ounce or an ounce of refined honey may be added.

When the piles are removed, if the body be liable to costiveness, follow the directions given on costiveness, in Sect. 8. of this Part.

The aperient pill, called No. 4., for the sake of brevity, and given at the end of this book under that number, may be taken with advantage every night while the bowels are confined.

For piles during pregnancy, consult Part III., Sect. 10.

Sect. 18.—Redness of the Eye.

If caused by dust, or lime, or iron filings, open the

eye firmly, turning out the upper eyelid. Having detected the offending cause remove it by injecting boldly against the noxious matter, warm water, from a common syringe. If the inflammation be considerable apply six leeches; foment for an hour, then put on a poultice. Enjoin gruel diet. Give, at bed time, two grains of blue pill with eight of extract of colocynth in two pills. A black draught should be taken on the following morning.

If the eye be merely bloodshotten give the medicine above prescribed, but omit the application of leeches.

If the redness be long standing, or in persons of greatly advanced age, apply a blister to the temple, and drop a drop of opium wine in the outer corner of the eye every morning. All these cases would be better under medical superintendence.

Sect. 19.—Rheumatism.

Two kinds are to be here described, recent and long standing.

Both kinds attack the large joints, and often settle in the fleshy parts of the limbs.

The best treatment for recent rheumatism appears to be confining the patient to bed, giving half grain doses of calomel and opium every four hours, and half an ounce of castor oil every other night. This disease is often most painful when the patient is warm in bed.

For long standing rheumatism, let the patient be clothed in flannel next the skin, and take an aperient

pill every night and morning, either *a.* or *b.* in Sect. 7. or No. 1. or 2. of Sect. 8. of Part the Fourth. Thirty drops of the wine of the seeds of the colchicum (meadow saffron) in camphor julep three times a day might be of great service; but should all this treatment have failed, and the disease have crippled the patient for years, very great relief may be obtained by most rigid abstinence, such as three ounces of food taken in twenty four hours, and fainting prevented by taking a dessert spoonful of brandy, in a wine glass of water, twice or three times a day.

When rheumatic gout attacks the eye, the best treatment appears to be half a drachm of the tincture of hops in two ounces of the infusion of cascarilla, to which ten grains of the carbonate of ammonia have been added; give such a dose three times a day. Let an aperient pill be given at night, and a blister be put behind the ear of the side affected.

Medical advice is required.

Blisters, over joints affected with rheumatism, are often beneficial.

Sect. 20.—Scurvy, properly Dry Tetter.

Take five grains of blue pill and five of the compound extract of colocynth every other night for a fortnight, and one grain of James's powder twice a day.

Read Part the First, Sect. 33., on tetter.

Sect. 21.—Tic Doloreux

is known by a throbbing pain coming on in the course

of any of the nerves, especially those situated either above, or below the orbit, along the lower jaw, or the side of the ear.

To this throbbing succeed the most intolerable shootings of pain to which the human frame is obnoxious.

The best treatment seems to consist of a scruple of carbonate of iron, given three times a day in port wine, and five grains of blue pill with five of compound extract of colocynth, made into two pills, at bed time.

A plaister made of pitch, to which a quarter of a grain of solanine (the vegetable alkali of the "bitter sweet") is added, has been recommended.

Also a plaister of the extract of belladonna (nightshade) is greatly collauded for its soothing effect upon the part.

The essential oil of tobacco, diluted with four times its quantity of lard, rubbed over the seat of pain, has been known to afford instant relief.

The use of nicotin (the peculiar acrid principle of tobacco) is dangerous and reprehensible.

For females, who suffer from profuse bleeding from the bowels accompanying this severe disease, see Sect. 16., Part the third.

Sect. 22.—Spasms.

People subject to confined bowels, if they have eaten any thing which disagrees with them, are liable to spasms in the belly.

The treatment is two tea spoonsful of antimonial wine, every quarter of an hour, till the stomach be thoroughly relieved. Two hours after let one drachm of the aromatic spirit of ammonia (sal volatile) be given with an ounce of castor oil.

END OF PART THE SECOND.

PART III.

THE DISEASES PECULIAR TO WOMEN AND THEIR TREATMENT.

SECT. 1.—MENSTRUATION, OR CATAMENIA, (COMMENCEMENT).

From every healthy female, from the age of puberty to the period when she ceases to be fitted to bear children, this discharge flows periodically, except during the time of pregnancy and giving suck. To the rule which this exception forms there are apparent exceptions, to say the least, since many women who cannot be pronounced in an unhealthy state menstruate while pregnant, and also while suckling their infants. We stay not here either to limit the sense of the term as applicable to the former, or to inquire about the cause of the latter.

In various climates it is at various ages that women display this symptom of having arrived at puberty.

In the same climate natural temperaments, or moral training, or position, or habit retard, or advance this period very remarkably.

The commencement of menstruation is always, but especially in delicate children, and in a crowded metropolis, a matter of anxiety to the careful mother.

It is surprising, that, from some delusion, or want of thought, or from procrastinating what some parents

think the evil day, very many young persons are allowed to perceive in themselves this flow of the catamenia, the mother, or responsible friend never having informed them of their liability to it. Great alarm is caused by this neglect, and mischief ensues from the attempt to conceal what is deemed, by the young female, disease.

In the commencement of menstruation there are changes perceived in the young person:—the countenance which, for a year or two previous, had lost much of the animation of childhood, becomes more intelligent and expressive; the gait and appearance more graceful and elegant; the complexion more varied and clearer, and generally improved; the tones of the voice fuller, sweeter, and more harmonious; the opinions more decided; pursuits more serious; the memory more tenacious, and all the intellectual faculties expand. The temper softens; the conversation is more intelligent and interesting, and the transition from child to woman is sudden and soon complete.

The indisposition preceding the commencement of menstruation is more or less severe in different people. It is generally displayed by hysterical fits, nervous fear, pains in the loins, back and thighs; irregular appetite, and sometimes faintings. One or more of these symptoms are common as periodical affections previous to the coming on of the catamenia (menses), but quietly abate on their appearance.

Sect. 2.—The Period of Menstruation

is of different duration in different women. In some,

from the commencement of their liability to their final appearance at an advanced age, the catamenia return, to a day and an hour, every month, continuing at each visitation six days.

But some irregularity is very common, either as to time, duration, or quantity, especially when the catamenia (menses) first make their appearance.

It would be better to take it as a rule that unless the irregularity, either in deficiency or superabundance, affects the general health or appearance, the less interfered with the better.

The habit of meddling and messing, and trying to medicine every ache and pain in the body is pernicious.

During the period of menstruation acid food should be avoided; and sherry substituted for port. No strong aperient medicine should be administered, but simple opening drugs, such as castor oil, senna tea with twenty grains of manna and six of calcined magnesia, may be safely given if the bowels be confined. That habit of costiveness so common both just previous and during the discharge is a great evil.

The feet should always be kept dry, and exercise in the open air not neglected, though moderate.

Sect. 3.—Increased Menstruation.

Where there is an inclination in the system to a more frequent, or copious, or continued flow than is healthy, the curtains of the bed should be pulled down, the feather bed removed and replaced by a mattress, the room kept cool, and but slightly fur-

nished, the exercise moderate and in the open air, and the mind kept much under self control.

The feet should not be washed during the appearance of the catamenia. *The linen must all be carefully aired.*

Heated rooms, much walking, dancing, or singing should be carefully avoided.

The diet nutritious, but not stimulating.

Sect. 4.—Immoderate Menstruation.

When the menstruation is so increased as to affect the patient's health, or when it is accompanied with great pain in the loins and lower parts of the body; frequent fits of hysterics, faintings, and great debility will often supervene.

In these cases it will be expedient to try medicines to alleviate the disease. The bowels must be relieved by a dose of castor oil, and ten drops of the muriated tincture of iron may be given three times a day, in water, gradually increasing the dose to twenty-five drops.

In the less severe forms of immoderate or excessive menstruation five grains of the essential salt of the round leaf cornel (cornus circinata) with two and a half of the extract of henbane made into a pill, and such a dose taken three times a day might prove beneficial.

Early hours, dry food, simple diet consisting partially of isinglass, and gentle exercise before breakfast in the open air, should be enjoined.

SECT. 5.—DIFFICULT OR PARTIAL MENSTRUATION

is the most common in England and Scotland, and by far the most painful and wearying of the irregularities of menstruation.

Some females habitually suffer during the whole "period" of the discharge, and from the day or two previous till the third day of the appearance the inconvenience is so formidable as wholly to incapacitate them for their wonted vocations.

The "appearance" is tenacious, grumous, and not unlike coagulated blood, and the pain of the back and lower parts of the body incessant; violent spasms come on, and the bowels share in the mischief.

Sometimes the discharge is but slight, appearing for two or three days only. At other times it is abundant, but not flowing continuously, but rather coming away in masses and occasionally.

The treatment seems to be to commence, a day or two previous to their coming on, the use of a warm hip-bath, and let half an ounce of castor oil with two drops of the oil of cloves be taken at bed time. The dose may be repeated every alternate night till the catamenia (menses) make their appearance.

If there be a great deficiency in the quantity ordinarily, let five grains of the compound aloe pill be taken every night for a fortnight previous to "the time;" with this a tea spoonful of the tincture of buchu leaves (diosma crenata), in a wine glass of linseed tea every night and morning, or noon, will probably be of service. Continue the hip bath three times a week.

In all cases of painful, partial, or difficult menstruation, the tincture of buchu may be tried with some prospect of success.

When violent pains in the body, and spasms, come on with "the appearance," a warm hip-bath, in which poppy heads have been boiled, may be of service. Bags of dry hops surrounding the body while in bed, or lying on a mattress of dried hops have been found of benefit. It would be well to take half a drachm of the spirit of ammonia (sal volatile) and twenty drops of the tincture of camphor, in a wine glass of water, every four hours.

The diet should be generous and easy of digestion. Ices, desserts, crude vegetables and port wine must be abstained from. Exercise in the open air should be regular and persevered in. Dancing, singing, and callisthenic games would be of service.

Sect. 6.—Suppression and Retention of the Menses

in a person of full habit of body, may require letting of blood by leeches, or the lancet. But most frequently, when it occurs from imprudently getting wet feet during the period of menstruation, or results from sudden terror, or other accident, may be successfully treated by giving every night five grains of compound aloe pill, to which one drop of the oil of juniper has been added, and by putting the feet into warm water every other night, and when they are wiped dry, rubbing them with a few drops of the spirit of turpentine.

Some cases of retention have been cured during

the administration of iodine internally. The dose is thirty drops of the tincture three times a day.

Sect. 7.—Whites, or Fluor Albus.

Often a pale discharge succeeds habitually on the disappearance of the menstrual secretion, and continues till the time of their return. Very frequently this discharge, called the whites, continues during the "period" of menstruation, and sometimes supersede the catamenia (menses); the "period" being marked by the increased quantity of this pale secretion only.

The following recommendations deserve attention: mix together half an ounce of balsam of copaiba, half an ounce of sweet spirit of nitre, and three drachms of the solution of potassa, shake them well, and let a tea spoonful be taken in a wine glass of linseed tea, three times a day. Cold sea baths, shower, or plunging baths, are useful adjuncts.

The diet must be cooling and moderate; the tempers and feelings must be kept under control; the bed should be hard; the time appointed for sleep short; the room only half furnished.

If the former mixture be excessively unpalatable, add an ounce of the tincture of buchu leaves to a pint of the infusion of buchu, and let a wine glass of the draught be taken three times a day. The bowels may be kept gently relieved by one of the pills, called, for the sake of brevity, No. 4., the prescription is given under that number in the part devoted, at the end of the book, to the aperient pills for adult females.

Gentle exercise in the open air, especially before breakfast, is desirable.

These cases are discouraging from the great indisposition the patient discovers to follow the only regulations likely to relieve her permanently.

Fowler's solution of arsenic has been successfully given in this disease—the dose is five drops, three times a day, in infusion of cascarilla, or buchu leaves. It may gradually be increased to ten drops.

Equal portions of balsam of copaiba and magnesia, made into five grain pills, may be tried. The dose will be two pills, to be taken three times a day.

From all crude food and desserts the patient must abstain.

Sect. 8.—Cramps, during Pregnancy,

are very common, nor can they be altogether cured till after the birth of the child.

If the bowels be confined half an ounce of castor oil may be taken.

The diet should be nutritious and easy of digestion; crude vegetables and uncooked fruits must be avoided.

Sect. 9.—Flooding during Pregnancy, and Labour Pains.

If practicable send for medical aid, if not put the sufferer to bed, and let thirty drops of laudanum be administered, and if the flooding continues let the dose be repeated in two hours.

The effect of laudanum in flooding seems incomparably less upon the system generally, than in the majority of cases in which it is given.

It may happen that it will be expedient for the

child to be delivered, especially if the woman be more than seven months gone.

If a miscarriage has occurred the patient will require to be kept in bed for a day or two at least, and a dose of castor oil may be given with advantage after four and twenty hours.

When, from the second to the fifth month, labour pains come on, threatening a miscarriage, medical aid must be procured if possible; for it is most likely the patient will require to be blooded and confined to the horizontal position for several weeks.

If during the "period" of pregnancy floodings have occurred several times, the case must be closely watched by the medical attendant, for it is more than probable that the premature birth of the child will be advisable.

Sect. 10.—Costiveness during Pregnancy.

Habitual costiveness, during pregnancy, must be carefully obviated in those subject to it by taking, every night at bed time, a No. 4. aperient pill (see prescription so marked among the aperient pills for female adults). And, if it be accompanied with piles, mix one ounce of sublimed sulphur and twenty grains of powdered jalap carefully and intimately, with one ounce of cream of tartar (called supertartrate of potassa); to these add an ounce and a half of confection of senna, and half an ounce of refined honey; an electuary will thus be made, a tea spoonful of which may be taken every morning or night.

Or a table spoonful of castor oil should be given occasionally; and equal portions of balsam of copaiba

and magnesia made into fair sized pills may be taken; the dose being two pills three times a day.

Exercise in the open air, moderate diet, and attention to household business are to be observed.

Those females who have been habitually costive would find that a dose or two of castor oil, taken a few days previous to an expected delivery, would very materially diminish the pains of labour.

Sect. 11.—Suckling.

Warm, thin gruel, in which nothing but a little salt or sugar has been put, will be found not only the best relief for the after pains, but also the best preparation for suckling.

The proper food for mothers nursing their children is a subject upon which each mother thinks herself most skilled to decide.

It cannot be denied that the excess in diet of some young nursing mothers induces disease of the uterus (womb), constitutional irritability of the bowels, immoderate periodical appearances, the whites, a ruined constitution, a disproportioned figure, great weakness, and premature age.

Even an extenuated account of the quantities of stimulating fluids, especially porter, and gin and water, which many delicately educated females deem it requisite to take, whilst nursing their infants, would be considered, by those unacquainted with the fact, to be mere caricature.

There are not many young mothers to whom porter can be any benefit. To none can any but a

moderate, a very moderate portion, be any thing but injurious.

The diet, during the time of giving suck, should be as simple and plain as it was before; it is true that additional food may be required, and that the hours between the meals cannot, with comfort, be the same in number as before the child was born. But this is a poor reason to give for the destruction of the mother's health, and the entailing upon the infant many diseases and pains by the ruinous indulgence in intoxicating drinks and pernicious stimulants.

Beef, mutton, lamb, fowls, white fish, rice, gruel, arrow root, tapioca, vermicelli, isinglass, sago, carrageen, blanch mange, yolks of eggs, well cooked, wholesome fruits, and table vegetables, may be taken at regular intervals of three hours. The same kind of fluid, whether a small quantity of sherry, or malt liquor, or whatsoever previously to the infants birth was taken advantageously and judiciously, may be still continued without injury to mother or child.

By such diet the infant will thrive better, be liable to a less number of diseases and disquietudes; and the mother may fairly hope to retain health, an evenness of spirits, and an elasticity of figure, gait, and appearance.

If it be obvious that the milk does not agree with the infant, it would be better to feed it with spoon food. The best kind has been given in Part I., Sect. 2. If, however, the mother would rather give it out to be nursed, let it be to one who was delivered of a child about the same time as her own infant was born.

Sect. 12.—Appearances of the Menses whilst Nursing

do not furnish a reason for weaning the child provided it prospers at the breast. The mother in this case would do well to look cautiously to her diet. It sometimes happens, however, that the milk is peculiarly offensive to the child when the mother is in the habit of menstruating, or when the catamenia appear for the first time whilst giving suck; if so the propriety of weaning is indicated.

Sect. 13.—Hardness of the Breast from Nursing

is not uncommon a day or two after the infant has been put to the breast for the first time.

Frequently it proceeds from the nipple being impervious: in which case the breast should be carefully drawn, and the nipple washed with a little tepid cow's milk. It is often from this impediment that the infant will uniformly refuse one breast.

If, however, this hardness supervenes during any after period of nursing, warm fomentations may be applied for twenty minutes, and a dose of castor oil be taken at bed time.

If obstinate, eight or ten leeches must be applied, and active aperient doses given: two pills of No. 1. (see that number in aperient pills for female adults), succeeded by a black draught on the following morning. The breast must carefully be drawn; and it is most probable that the infant should be weaned.

Low diet.

Sect. 14.—Hard Breasts from Weaning.

Where the infant is taken from the mother whilst the secretion of milk is abundant, it is, generally, prudent to draw off a small portion of the milk two or three times a day. Half an ounce of Epsom salts, two drachms of tincture of senna, and two ounces of the infusion of senna, may be taken every morning, and two No. 4. pills every night (see pills so numbered in aperient pills for female adults).

The breasts should be fomented, when painful, with warm water, in which poppy heads have been boiled; flannel bags, containing camomile flowers, are useful to retain the hot water, and should be applied to the swollen breasts.

After fomentation let the hard lumps and the nipple be gently rubbed with camphorated oil.

The diet must be low. All stimulants strictly prohibited.

In the ordinary cases of weaning, half an ounce of castor oil at night, followed by half an ounce of Epsom salts in the morning, and the use of the camphorated oil for the breasts will be sufficient to reduce the hardness, and remove all uneasiness.

Sect. 15.—Change of Life, or Ceasing Menstruation.

At an age varying from thirty-nine to fifty-seven women cease to menstruate, this time is reckoned critical, and often requires skilful management. In various organs some attempt, to supply the place of the discharge, is made by the system: the most com-

mon is bleedings from the nose, or bowels; if these be not excessive they need excite no alarm, and only be palliated by regulating the diet, and the administration of simple mild aperients, such as half an ounce of castor oil; or half an ounce of Epsom salts, in an ounce and a half of infusion of roses, to which from twenty to thirty drops of diluted sulphuric acid have been added; a useful draught is thus made which may be taken twice in the day.

Bleeding into the lungs is a more formidable shape of this disorder; also inflammations of the lungs, liver, bowels, or bladder, which frequently attend females of full habit of body at "change of life." Bleeding from the arm, in these cases, cannot be dispensed with, wherefore a medical attendant must control the treatment.

For those cases, in which none of these symptoms occur, it will suffice to attend to the directions on costiveness, given in Part II. Sect. 7.

The diet must be more restricted than heretofore, and exercise in the open air is indispensable.

Crude fruits, desserts, and indigestible food must be avoided; the tempers must be kept more strictly under control, and the life regular. The female should return in every way to quiet simplicity, and retiring domestic usefulness.

Sect. 16.—Bleeding from the Bowels.

This disease, which is accompanied with hysterical indications, is peculiar to women, and widely differs from bleeding piles.

It displays itself by a violent discharge of blood in

the stools, which is commonly preceded by a feeling as of the bursting of some swelling, or distended blister, in different parts of the body. This is accompanied by great pain in the spot where this sensation is perceived; faintness comes on, and uncontrolable nervousness, the urinary bladder and passages become excessively irritable, the urine turbid and scanty.

Generally tic doloreux, or a severe shooting pain along the course of some of the nerves of the face supervenes, and the sufferer looses strength apace.

This disease is peculiarly intractable from the irritable state of the digestive organs, still it cannot, with safety, be left to take its course, or dropsy will come on, and the sufferer will lose her life.

There are, generally, symptoms of other diseases, which have, unobserved, gained ground, before the fatal termination of this complaint.

If the discharge of blood seems merely to supply the place of the regular catamenia (menses), which have altered their usual way of appearing, the disease will be much less painful and formidable, and the suggestions in Sections 5. and 6. of this Part may be read and successfully adopted, if medical aid is not to be procured.

Commonly this disease exists were the patient is "regular," and the bleeding does not come on periodically, but at intervals, more or less protracted, according to some moral exciting cause, or the state of the health.

The treatment suggested here is to take four drops of Fowler's solution of arsenic every four hours; the dose may be gradually increased to eight drops.

This has been observed to arrest the tic doloreux, increase the quantity of urine, and render the discharges of blood less frequent. But this remedy may not be persevered in beyond a month without a change; and head ache, or sickness, will sometimes indicate the necessity of resigning its use much earlier.

The following remedies are greatly collauded:

Take one grain of acetate of lead, five drops of tincture of opium, and fifteen drops of tincture of digitalis (foxglove), dissolve the acetate of lead in an ounce of rose water, made acid with five drops of acetic acid, and having mixed all the ingredients a draught will be made, which may be taken three times in four and twenty hours.

The second remedy recommended is made by dissolving sixteen grains of the acetate of lead in an ounce of muriated tincture of iron, and giving ten drops in a wine glass of water three times a day.

The caution given about the solution of arsenic, may apply to this medicine also, namely, *not to continue its use above a month without intermission.*

Medical aid is required.

END OF PART THE THIRD.

APPENDIX.

Chap. 1.—Asthma.

It often happens that some particular food brings on a fit of asthma, let it be avoided.

Rigid abstinence will often render the most asthmatic person comparatively free of a threatened attack. The bowels must be kept active, and the simplest diet enjoined.

A tea spoonful of antimonial wine in a wine glass of water, every quarter of an hour, will often arrest a paroxism.

In difficult cases medical aid is required.

The causes, cures, and symptoms of asthma are so various, and even diverse, as to be unfit for a small work not exclusively devoted to them.

Chap. 2.—Bleeding, or Venæsection.

It is injudicious for any but a medical man to be intrusted to take blood by the lancet from a vein, as it not unfrequently happens that a pulsating artery is to be felt close to the vein selected for blood letting, and which, if wounded, is painful, difficult, and very troublesome to secure.

Chap. 3.—Chilblains.

Attention to the bowels and proper activity would prevent chilblains.

Before chilblains have broken and become sores, the best treatment will be one part of aqua fortis and six parts of oil, carefully mixed, and used every night and morning, gently rubbing it on the swollen parts.

After they have become sores, the lotion of lunar caustic is very beneficial (two grains to the ounce of water), applied with lint moistened in it.

The bowels must not be neglected. The diet generous aud chiefly animal.

Chap. 4.—Consumption.

Send the patient to the country, and let the exercise be moderate and the diet generous.

Chap. 5.—Fractures, or Broken Bones.

If it be one of the extremities that has been broken let the patient be carefully conveyed to bed.

And if the leg be broken, let the thigh be bent slightly towards the body, and the injured limb put on a pillow; gradually extend the limb, using firmness and power to restore it to its original length; cover it, when extended, with a cloth dipped in vinegar and water, and having passed two tapes under the pillow, tie the pillow gently to the leg, and enjoin perfect quiet.

As soon as convenient let medical aid be procured, that splints may be speedily and judiciously applied.

If the arm be fractured it must be extended and similarly treated.

If the ribs have been fractured, all that will be required will be to roll round the chest a broad piece

of flannel firmly and tightly, which will keep them in their position and almost instantly relieve the pain.

If the collar bones be fractured, keep the arms back by a bandage twisted under each arm, and crossed on the blade bones in the figure of an eight. The shoulder caps and braces used for girls at schools would answer well.

For broken head medical advice cannot be dispensed with. Nor is it judicious to treat any other fractures without it.

Chap. 6.—Inflammation.

Wheresoever inflammation is suspected put the patient to bed, and send for medical advice; in the mean time be sure to give nothing calculated to increase the evil, either laudanum, wine, brandy, or other abominations.

Chap. 7.—Typhus Fever.

Where this is suspected to be coming on send for medical aid, which if delayed, it will be safe to give a strong dose of aperient medicine (see Sects. 7. & 8. of Part IV.); and if medical aid is not to be obtained follow the directions given under the section on continued fevers, Part II. Sect. 5.

Chap. 8.—Warts

when not specific, may be cured by applying every morning, at a *stated hour*, strong vinegar.

END OF THE APPENDIX.

PART IV.

Sect. 1.

ANTIDOTES FOR POISONS.

When poison has been swallowed, ascertain from the patient what the nature of the poison is :—

IF MINERAL, VIZ. EITHER CORROSIVE SUBLIMATE OR ARSENIC,

Give a tea spoonful of sulphur, or half a tea spoonful of pearl ash, or a wine glass of soap suds ; afterwards give a table spoonful of antimonial wine, and plenty of warm water.

IF VEGETABLE, OR OIL OF VITRIOL, OR AQUA FORTIS, OR OXALIC ACID,

Give pearl ash, or chalk, or magnesia, or soap suds in plenty of warm water, with a dessert spoonful of antimonial wine, or a scruple of simple powder of ipecacuanha.

LAUDANUM,

Give a tea spoonful of domestic mustard, and keep the patient walking.

CARBONIC ACID, OR FUMES OF CHARCOAL,

Open air—keep the body cool.

Medical aid is required.

Sect. 2.

SUSPENDED ANIMATION,

WHETHER OCCASIONED BY IMMERSION IN WATER, OR SUFFOCATION, OR OBNOXIOUS VAPOUR.

Remove the sufferer into free air, wipe the body dry, lay it on an inclined plane, the head and shoulders being slightly raised; cover the body very lightly, moving it to an open window; sponge with vinegar and water. If an attempt be made suddenly to restore animation by heat, the great chance of recovery is reduced.

Remember that the lower the temperament of the body the longer the suspension of breathing may be without fatal consequences.

Rubbing the feet only, whilst the rest of the body is kept cool, is useful.

Also electric shocks in the region of the diaphragm, the middle of the body, are recommended.

Medical aid is required.

Sect. 3.—WEIGHTS AND MEASURES.

Signs of Numbers . .	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	20.
Medical Signs of Ditto . .	i.	ij.	iij.	iv.	v.	vi.	vij.	viij.	ix.	x.	xi.	xij.	xiij.	xx.

Twenty grains make one scruple marked ℈.
Three scruples make one drachm " ʒi.
Eight drachms make one ounce " ℥j.
Twenty ounces make one pound " ℔b.
Sixteen ounces make avoirdupois pound " ℔b.

Pound of the London College contains 5,769 grains, or twelve ounces.

FLUIDS.

Sixty drops, called minims, make one fluid drachm " Fʒi.
Eight drachms make one fluid ounce " F℥j.
Sixteen fluid drachms make one fluid pound " Oj.

COARSE MEASURES.

A tea spoonful means a fluid drachm " Fʒj.
A dessert spoonful means two fluid drachms " Fʒij.
A table spoonful means half an ounce " F℥ß.
A wine glassful means two ounces " F℥ij.
A cupful means a quarter of a pint " F℥iv.

The Signs of Grains .	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	19.	20.
Medical Signs of Ditto .	i.	ij.	iij.	iv.	v.	vi.	vij.	viij.	ix.	x.	xi.	xij.	xiij.	xix.	℈.

Section 4.

A TABLE OF SIMPLE DRUGS, WITH THEIR PROPORTIONAL DOSES.

DRUGS.	Effects.		Age. 1 to 3 Years.	Age. 4 to 7 Years.	Age. 8 to 11 Years.	Age. 12 to 16 Years.	Adults.
CALOMEL (better to be combined with other Medicines)	alterative & aperient	grains	1 to 2	1 to 2	1 to 2	1 to 3	1 to 5
MAGNESIA, CALCINED	aperient	grains	3 . . 5	4 . . 5	4 . . 6	4 . . 6	6 . . 15
EPSOM SALTS	aperient	drachms	1	2 . . 4	3 . . 5	4 . . 6	4 . . 8
CASTOR OIL	aperient	drachms	1	2 . . 4	3 . . 6	5 . . 6	6 . . 8
ANTIMONIAL WINE	emetic and febrifuge	drops	5 . . 15	6 . . 60	10 . . 60	10 . . 60	15 . . 60
TINCTURE OF HENBANE	sedative	drops	5 . . 6	6 . . 10	10 . . 15	15 . . 20	20 . . 40
TINCTURE OF SENNA	aperient	drachms	½ . . 1	1 . . 2	2 . . 3	3 . . 4	4 . . 8
TINCTURE OF GINGER	stomachic	drops	5	5 . . 10	10 . . 15	15 . . 20	20 . . 30
TINCTURE OF RHUBARB	tonic	drachms	½ . . ½	1 . . 2	1 . . 3	2 . . 4	2 . . 5
POWDERED JALAP	aperient	grains	3 . . 4	4 . . 8	6 . . 10	8 . . 12	10 . . 20
POWD. EXT. OF COLOCYNTH	aperient	grains	2 . . 3	3 . . 5	5 . . 8	8 . . 10	10 . . 15
POWDERED GAMBOGE	aperient	grains	½ . . 1	1 . . 2	2 . . 3	2 . . 3	2 . . 4
POWDERED SCAMMONY	aperient	grains	1 . . 2	2 . . 4	4 . . 5	5 . . 6	6 . . 7
POWDERED RHUBARB	tonic and aperient	grains	2 . . 4	4 . . 5	5 . . 7	7 . . 8	8 . . 20
CREAM OF TARTAR	aperient	grains	2 . . 4	4 . . 6	4 . . 6	6 . . 8	8 . . 12
BASILIC POWDER	a dispeller of worms	grains	3 . . 4	4 . . 6	6 . . 8	6 . . 8	6 . . 9
EXTRACT OF HENBANE	sedative	grains	1 . . 2	2 . . 3	3 . . 5	5 . . 8	8 . . 10
ELIXIR OF VITRIOL	tonic	drops	4 . . 5	5 . . 8	8 . . 12	12 . . 16	15 . . 25
SOLUTION OF POTASSA	alkaline	drops	3 . . 5	5 . . 8	7 . . 9	12 . . 15	15 . . 25
SWEET SPIRIT OF NITRE	diuretic	drops	5 . . 8	8 . . 12	12 . . 20	20 . . 30	30 . . 50
AROMATIC SPT. OF AMMONIA	stomachic	drops	5 . . 8	8 . . 10	10 . . 12	15 . . 18	18 . . 25
ESSENCE OF PEPPERMINT	stomachic	drops	1 . . 3	3 . . 7	6 . . 10	8 . . 12	12 . . 20
LAUDANUM	sedative	drops	2 . . 4	4 . . 6	6 . . 10	10 . . 15	15 . . 30
OIL OF JUNIPER	diuretic	drops	½ . . 1	1	1 . . 2	1 . . 2	1 . . 2
OIL OF CLOVES	stomachic	drops	½ . . 1	1	1 . . 2	1 . . 2	1 . . 2

CONTINUATION OF THE TABLE OF PROPORTIONAL DOSES.

DRUGS.	Effects.		Age. 1 to 3 Years.	Age. 4 to 7 Years.	Age. 8 to 11 Years.	Age. 12 to 16 Years.	Adults.
SYRUP OF SQUILLS	diuretic	drops	4 to 5	5 to 10	10 to 20	20 to 30	30 to 60
SULPHATE OF QUININE	tonic	grains	1 .. 2	1 .. 3	1 .. 4	2 .. 5	2 .. 6
JAMES'S POWDER	febrifuge	grains	½ .. 1	1 .. 2	1 .. 2	1 .. 3	2 .. 4
MERCURY-WITH-CHALK	alterative	grains	2 .. 4	3 .. 6	4 .. 8	6 .. 10	6 .. 20
MANNA	aperient	grains	10 .. 20	20 .. 30	30 .. 40	—	—
SAL POLYCHREST	aperient	grains	4 .. 6	6 .. 8	8 .. 12	12 .. 20	20 .. 40
CARBONATE OF SODA	antacid or alkaline	grains	2 .. 5	4 .. 8	6 .. 10	10 .. 20	15 .. 30
HUXHAM'S TINCT. OF BARK	tonic	drops	5 .. 8	6 .. 15	30 .. 40	1 .. 2 dhms.	1 .. 3 dhms.
CONFECTION OF SENNA	aperient	drachms	½ .. 1	1 .. 2	2 .. 4	3 .. 5	4 .. 8
MURIATED TINCT. OF IRON	tonic and diuretic	drops	—	5 .. 8	5 .. 10	9 .. 15	10 .. 30
SPIRIT OF TURPENTINE	a dispeller of worms called vermifuge or diuretic	ounce	—	—	½ .. 1	½ .. 1	½ .. 1
		drops	—	4 .. 5	5 .. 7	5 .. 8	6 .. 8

SECT. 5.—EXTERNAL APPLICATIONS.

Oil of amber half an ounce
Oil of cloves half an ounce
Oil of olive an ounce
Mix, and they make a liniment useful in hooping cough.

Fluid of ammonia (called hartshorn) . . . half an ounce
Oil of olive an ounce and a half
Mix and shake them till they become white. This makes a useful liniment for dull pains in joints and flesh, as well as for sore throat, stiff neck, &c.

Section 6.

A TABLE OF USEFUL APERIENT COMPOUNDS FOR CHILDREN, WITH DOSES PROPORTIONED TO THEIR AGE.

No table of this nature can be universally applicable, as some children require less, some more medicine than others, to produce a similar effect.

The vehicle in which the Medicine is to be taken.	DRUGS.		Age. ½ to 1 Year.	Age. 1 to 1½ Year.	Age. 1½ to 2 Years.	Age. 2 to 3 Years.	Age. 3 to 4 Years.	Age. 4 to 6 Years.
In gruel or barley water.	CALCINED MAGNESIA	grains	4 to 5	5 to 6	5 to 6	5 to 6	5 to 7	5 to 7
	CASTOR OIL	drachms	1	1 . . 2	1 . . 3	2 . . 3	2 . . 3	3 . . 4
To be put on the tongue dry.	CALOMEL	grains	1 . . 2	1 . . 2	1 . . 2	1 . . 2	2	2 . . 3
	LOAF SUGAR	grains	1 . . 2	1 . . 2	1 . . 2	1 . . 2	2	2 . . 3
In whey.	MANNA	grains	—	—	20	20 . . 25	20 . . 30	20 . . 30
	TINCTURE OF SENNA	drachms	—	—	½ . . 1	½ . . 1½	1 . . 2	2 . . 3
To be given as it is.	MANNA	grains	10 . . 12	12 . . 15	15 . . 20	20 . . 25	20 . . 30	20 . . 30
	EPSOM SALTS	drachms	½ . . 1	1 . . 1½	1 . . 2	2	2 . . 3	2 . . 3
	SENNA TEA	ounces	½ . . 1	½ . . 1	1	1 . . 1½	1 . . 1½	1 . . 2
In jelly or thick gruel.	MERCURY-WITH-CHALK	grains	2 . . 3	3 . . 4	3 . . 5	4 . . 6	5 . . 7	6 . . 8
	JAMES'S POWDER	grains	½ . . 1	½ . . 1	1	1 . . 1½	1 . . 1½	1 . . 2
Jelly or gruel.	POWDER OF SCAMMONY	grains	1 . . 2	2 . . 3	2 . . 3	2 . . 3	2 . . 3	2 . . 4
	SAL. POLYCHREST	grains	5 . . 7	6 . . 8	7 . . 8	8 . . 9	9 . . 10	10 . . 15
Jelly or thick arrow root.	CALOMEL	grains	1 . . 2	1 . . 2	1 . . 2	1 . . 2	1 . . 2	2 . . 3
	POWDER OF SCAMMONY	grains	1 . . 2	2 . . 3	2 . . 3	2 . . 3	2½ . . 3	3 . . 4
Jelly or thick arrow root.	CALOMEL	grains	1 . . 2	1 . . 2	1 . . 2	1 . . 2	1 . . 2	2 . . 3
	POWDERED JALAP	grains	3 . . 4	4 . . 5	4 . . 6	5 . . 6	6 . . 7	6 . . 8
Jelly or gruel.	RHUBARB	grains	2 . . 3	3 . . 4	4 . . 5	5 . . 6	6 . . 8	7 . . 8
	SAL POLYCHREST	grains	5 . . 7	6 . . 9	9 . . 10	10 . . 12	12 . . 15	15 . . 20
Gruel or water.	POWDER OF SCAMMONY	grains	1 . . 2	2 . . 3	2 . . 3	2 . . 3	2 . . 3	3 . . 4
	CALCINED MAGNESIA	grains	4 . . 5	5 . . 6	5 . . 6	5 . . 6	5 . . 7	6 . . 7

A FEBRIFUGE, OR DISPELLER OF FEVER FOR CHILDREN.

			Age. ½ to 1 Year.	Age. 1 to 1½ Year.	Age. 1½ to 2 Years.	Age. 2 to 3 Years.	Age. 3 to 4 Years.	Age. 4 to 6 Years.
To be given in a dessert spoon of water every four hours.	ANTIMONIAL WINE .	drops	3 to 4	4 to 5	5 to 6	6 to 8	6 to 9	7 to 10
	TINCTURE OF HENBANE	drops	3 . . 4	3 . . 4	4	4 . . 5	4 . . 5	5 . . 6
In jelly, at bed time.	JAMES'S POWDER . .	grains	½ . . 1	½ . . 1	1	1 . . 1½	1 . . 1½	1 . . 2
	CALOMEL . . .	grains	1	1	1	1	1	1 . . 2

COUGH MEDICINE FOR CHILDREN.

		Age. ½ to 1 Year.	Age. 1 to 1½ Year.	Age. 1½ to 2 Years.	Age. 2 to 3 Years.	Age. 3 to 4 Years.	Age. 4 to 6 Years.
To be given three times in 24 hours.	SWEET SPT. OF NITRE, half an ounce TINCT. OF HENBANE, half an ounce SYRUP OF SQUILLS, one ounce .	20 drops	30 drops	½ a tea spoonful	1 tea spoonful	1 tea spoonful	1 tea spoonful

N. B. An Aperient Dose should be given at bed time.

A BLACK DRAUGHT FOR CHILDREN.

			Age. 1 to 1½ Year.	Age. 1½ to 2 Years.	Age. 2 to 3 Years.	Age. 3 to 4 Years.	Age. 4 to 6 Years.
To be given before breakfast.	EPSOM SALTS	drachms	1 to 2	2	2 to 3	3	3 to 4
	TINCTURE OF SENNA . . .	drachms	½	1	1 . . 1½	1 . . 1½	1 . . 2
	TINCTURE OF GINGER . . .	drops	5 . . 6	6 . . 7	7 . . 8	8 . . 9	9 . . 12
	INFUSION OF SENNA, called Senna Tea	ounces	½ . . 1	1	1 . . 1½	1 . . 1½	1½ . . 2½

Section 7.

APERIENT PILLS FOR ADULTS (MALE).

(*a.*)

Take of

Compound extract of colocynth	10 grains
Blue pill	5 grains

Mix them and divide the mass into three pills; of which two may be taken at bed time, and the third the following night.

(*b.*)

Take of

Compound extract of colocynth	10 grains
Calomel	5 grains
Oil of cloves . . .	2 drops

Mix them and make a mass to be divided into two pills, which may be taken at bed time.

(*c.*)

Take of

Powder of scammony . .	5 grains
Powder of jalap . .	5 grains
Compound extract of colocynth	5 grains
Powder of gamboge . .	5 grains
Cream of tartar . . .	5 grains
Oil of Cloves . . .	8 drops

Mix them, and add castile soap, sufficient to make a mass to be divided into eight pills, of which two or three may be taken at bed time.

BLACK DRAUGHT FOR ADULTS.

Take of

Epsom salts	½ ounce
Tincture of senna	½ ounce
Tincture of ginger	½ drachm
Syrup of buckthorn	2 drachms
Infusion of senna	2 ounces

To be taken before breakfast.

APERIENT POWDER FOR ADULTS.

Take of

Powder of scammony	5 grains
Powder of jalap	5 grains
Calomel	2 grains

Mix and make a powder to be taken, at bed time, in jelly or thick arrow root.

Section 8.

APERIENT PILLS FOR ADULTS (FEMALE).

No. 1.

A POWERFUL APERIENT.

Take of

Compound extract of colocynth	10 grains
Oil of cloves . . .	4 drops
Calomel	4 grains
Powdered jalap . . .	10 grains

Make a mass to be divided into five pills, of which from two to four may be taken at bed time.

No. 2.

MODERATELY ACTIVE.

Take of

Compound extract of colocynth	10 grains
Blue pill	5 grains
Oil of cloves	3 drops

Mix and make into a mass to be divided into three pills, of which one or two may be taken at bed time.

No. 3.

A GENTLE APERIENT.

Take of

Powdered scammony . .	5 grains
Powdered jalap . . .	5 grains
Powdered gamboge . .	5 grains
Cream of tartar . . .	5 grains
Oil of cloves	8 drops

Add of castile soap sufficient to make a mass to be divided into eight pills, of which two or three may be taken when required.

No. 4.

Take of

Powdered scammony	1 scruple
Cream of tartar	1 scruple

Mix them thoroughly, and then add, of

Powdered jalap	10 grains
Powdered rhubarb	1 scruple
Compound extract of colocynth	1 scruple
Powdered myrrh	8 grains
Essence of peppermint	24 drops

Mix all the drugs together intimately, and make a mass, using a little simple syrup if required, to be divided into twenty-four pills, of which one, two, or three may be taken at any time.

If the essence of peppermint be distasteful, oil of cloves may be substituted in the same proportion.

These pills may be repeated as often as required. It has not been noticed that their effect is diminished by repetition.

Section 9.

TO MAKE TWO OR THREE USEFUL INFUSIONS.

FIRST.—APERIENT.

INFUSION OF SENNA (CALLED SENNA TEA.)

Take of

Senna leaves	1½ ounce
Ginger root sliced	1 drachm
Cloves	1 drachm
Boiling water	1 pint

Keep the vessel closely covered for an hour, and then pour off the fluid.

SECOND.—TONIC.

INFUSION OF CASCARILLA.

Take of

Cascarilla bark bruised	½ ounce
Pour over it of boiling water	½ pint

Keep the vessel closely covered for two hours, and then pour the fluid through a cloth to strain it.

THIRD.—TONIC.

INFUSION OF GENTIAN.

Take of

Gentian root sliced	2 drachms
Dried orange peel	2 drachms
Fresh lemon peel	2 drachms
Pour over them of boiling water	1 pint

Keep the vessel covered for an hour, then pour off the fluid.

Sect. 10.

A LIST OF MEDICAMENTS MENTIONED IN THE BOOK BUT NOT INCLUDED IN THE TABLE OF SIMPLE DRUGS, IN SECTION THE FOURTH.

Acetate of lead
Acetate of morphia
Aqua fortis
Arrow root
Balsam of copaiba
Bandages, linen
Bandages, flannel
Blisters
Blue pill
Compound chalk powder
Compound extract of colocynth
Compound aloe pill
Chamomile flowers
Camphor julep
Camphorated oil
Carbonate of ammonia
Carbonate of iron
Cascarilla bark
Castile soap
Cloves
Cornel, salt of round leaf
Diluted nitrate of mercury ointment
Diluted sulphuric acid (vitriolic)
Dried hops
Dried orange peel
Extract of belladonna
Flowers of sulphur
Flowers of zinc
Fowler's solution of arsenic
Gentian root
Ginger root
Hair powder
Hartshorn shavings
Infusion of buchu leaves
Infusion of roses
Irish moss
Isinglass
Lard
Lint
Linseed
Lunar caustic (nitrate of silver)
Oil of tar
Pearl barley
Poppy heads
Powdered myrrh
Rose water
Sago

Senna leaves
Solanine
Strapping or adhesive plaister
Sublimed sulphur
Syrup of buckthorn
Syrup of white poppies
Tincture of buchu leaves
Tincture of camphor
Tincture of cinnamon
Tincture of foxglove
Tincture of ginger and chamomile
Tincture of hops
Tincture of iodine
Tincture of squills
Washed sulphur
Wine of opium
White hellebore

THE END.

H. Silverlock, Printer, 3, Wardrobe Terrace, Docters' Commons, London.